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*Elizabeth Craig*

# COOKING WITH ELIZABETH CRAIG

*A cookery book for the housewife  
of modest income, including 120  
grayscale illustrations and over  
1,000 recipes*



COLLINS  
48 PALL MALL.



# TO THOSE WHO LIKE TO COOK

**P**LEASE don't consider this cookery book a text book on cookery, nor a gourmet's guide to the table. It's just a promise I am keeping to the many readers who write asking where they can buy my cookery books.

You may not care for all the recipes in this book. You may think some too dull, others too unusual, a few too expensive. But don't blame me. Blame my readers. . . . I have tried to cater for all those who write to me, not only from home but from abroad, for those who keep house without a maid as well as for those who housekeep with a maid, for those who like English fare, and for those who, through travelling, have developed a cosmopolitan taste.

Personally, I take a great interest in all cuisines. Every time I have been to Paris, to Germany, I have picked up ideas to introduce to my table. In Canada and the United States, I shamelessly purloined not only treasured recipes but new methods of serving food. From Vienna I returned the richer from a round of *al fresco* entertainments.

In planning this book, you will notice that I have tried to devote most space to everyday cookery. At the same time, as I am being constantly asked to arrange menus and provide recipes for party fare, I thought it well to include quite a number of suggestions which I hope will appeal to the up-to-date hostess, not to mention the host. After all, I think a cookery book that ignores the party spirit is as incomplete as champagne without the sparkle.

FROM MY KITCHEN.

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# LIST OF CONTENTS

	PAGE
<b>TO THOSE WHO LIKE TO COOK</b>	<b>8</b>
<b>GUIDE TO FOOD</b>	<b>9</b>
To plan balanced Meals	9
Balanced Menus for one day	10
<b>GUIDE TO SHOPPING</b>	<b>11</b>
Hints on Catering	11
Slimming Menus	12
Quantities in Catering	13
To Choose and Store	14
Things you want to know	24
<b>THE UP-TO-DATE KITCHEN</b>	<b>30</b>
Time-savers	30
Things you cannot do without	31
Things to simplify work	32
Tables of Weights and Measures	33
To Flavour and Season	34
<b>BREAKFAST DISHES</b>	<b>36</b>
<b>SAUCES, SWEET AND SAVOURY</b>	<b>41</b>
Gravy	41
Foundation Sauces	43
Savoury Sauces, Hot and Cold	45
Sweet Sauces	52
<b>LUNCHEON AND SUPPER SNACKS</b>	<b>56</b>
<b>APPETISERS</b>	<b>66</b>
Fruit Cocktails	66
Fish Cocktails	69
Assorted Hors d'Oeuvres	71
Single Hors d'Oeuvres	73
<b>SOUPS</b>	<b>78</b>
Stocks	78

<b>SOUPS—(continued)</b>	<b>PAGE</b>
Clear Soups	81
Simple Broths	86
Meat and Vegetable Broths	86
Cream Soups	94
Soup Garnishes	103
<b>SAVOURY STUFFINGS</b>	<b>105</b>
<b>FISH</b>	<b>108</b>
How to prepare Fish	108
How to cook Fish	110
Shell-Fish	128
Smoked, Glassed and Tinned Fish	131
Left-over Fish	136
<b>GAME</b>	<b>139</b>
How to prepare Game	139
How to cook Game	142
<b>POULTRY</b>	<b>153</b>
<b>MEATS, JOINTS, ETC.</b>	<b>162</b>
Methods of cooking Meat	162
Beef	169
Veal	178
Mutton	183
Lamb	188
Pork	192
Ham	197
Entrées	199
Left-over Meat Dishes	199
For the Cold Buffet	203
<b>VEGETABLES</b>	<b>208</b>
Vegetable Dishes	220
<b>SALADS</b>	<b>227</b>
Salad Dressings	229
Savoury Salads	232
Sweet Salads	238
Desserts	240
<b>PASTRY</b>	<b>242</b>
Sweet Pies, Cheesecakes, Tarts, etc.	245
Savoury Pies, Sausage Rolls, etc.	252
<b>PUDDINGS</b>	<b>256</b>
Omelettes, Souffles, etc.	256

<b>PUDDINGS—(continued)</b>	<b>PAGE</b>
Baked Puddings	260
Standard Milk Puddings	268
Steamed Puddings	270
Custards	274
Stewed Fruits and Compôtes	276
Cold Puddings	278
Frozen Sweets	286
<b>SAVOURIES</b>	<b>298</b>
<b>SANDWICHES</b>	<b>299</b>
<b>BREAD</b>	<b>305</b>
<b>BISCUITS AND CAKES</b>	<b>313</b>
Biscuits and Small Cakes	315
Layer Cakes	319
Fillings for Cakes	322
Icings for Cakes	324
Large Cakes	327
<b>CANDIES</b>	<b>332</b>
<b>PRESERVING</b>	<b>337</b>
Jams, Jellies and Marmalades	339
Bottling	346
Catsups, Pickles, etc.	351
<b>BEVERAGES</b>	<b>359</b>
Hints on Hot Drinks	359
Suggestions for Cold Drinks	361
Cocktails	368
<b>HOW TO CARVE</b>	<b>370</b>
<b>CATERING AND COOKING IN WAR-TIME</b>	<b>373</b>
<b>INDEX AND PRONOUNCING GLOSSARY</b>	<b>389</b>



# ILLUSTRATIONS

ELIZABETH CRAIG	<i>Frontispiece</i>	
THE MODERN SUPPER TABLE	<i>Facing page</i>	3
HOW I SAVE MONEY IN THE KITCHEN—I.	"	18
HOW I SAVE MONEY IN THE KITCHEN—II.	"	19
CHOOSING FISH AND CUTS OF MEAT	"	34
IN THE UP-TO-DATE KITCHEN	"	35
HOW TO SERVE LUNCHEON SNACKS AND APPETISERS—I.	"	66
HOW TO SERVE LUNCHEON SNACKS AND APPETISERS—II.	"	67
THE ART OF MAKING CLEAR SOUP	"	82
THE ART OF MAKING CREAM SOUP	"	83
HOW TO PREPARE FISH AND CHIPS—I.	"	114
HOW TO PREPARE FISH AND CHIPS—II.	"	115
DIFFERENT WAYS OF FRYING FISH—I.	"	130
DIFFERENT WAYS OF FRYING FISH—II.	"	131
MAKING A STEAK AND KIDNEY PUDDING—I.	"	178
MAKING A STEAK AND KIDNEY PUDDING—II.	"	179
SAUSAGE TOAD-IN-THE-HOLE—I.	"	194
SAUSAGE TOAD-IN-THE-HOLE—II.	"	195
HOW TO PREPARE AND SERVE ASPARAGUS	"	226
THE BEST WAY TO SERVE BAKED POTATOES	"	227
HOW TO MAKE A RHUBARB TART—I.	"	242
HOW TO MAKE A RHUBARB TART—II.	"	243
LEMON MERINGUE PIE—I. AND II.	"	250
HOW TO MIX AND FRY PANCAKES—I. AND II.	"	251
MAKING A SUCCESS OF SWISS ROLLS—I.	"	322
MAKING A SUCCESS OF SWISS ROLLS—II.	"	323
A SIMNEL CAKE FOR EASTER—I.	"	338
A SIMNEL CAKE FOR EASTER—II.	"	339

*The above indicates the various groups under which the 120 photogravure illustrations are arranged. Each photograph has been taken under the personal supervision of the author. The plates containing pictures in series are reproduced by courtesy of "The Women's Journal."*

# MENU-BUILDING

**T**HERE'S an art in planning menus that give you nourishing meals. The body demands certain food elements in certain proportions. When these elements are absent from the diet, or given in wrong proportions, sometimes over-eating results, sometimes anæmia, or constipation, sometimes malnutrition.

If you want to make certain that every member of your family is having nourishing food, you should :

- (1) Study the different classes of food required to make a perfect menu.
- (2) Memorise the foods that come in each class.

## CLASSES OF FOOD

**BODY BUILDERS.**—(a) *Proteins*, which make bones, muscles, and tissues, and are necessary for the repair of waste tissues.

(b) *Minerals*, which are used in building tissue, and in the structure of all body fluids, etc.

**HEAT AND ENERGY SUPPLIERS.**—Fats, starch foods and sweets (carbohydrates). These supply "motor" power to the body.

**BODY CLEANSERS**—which mainly furnish roughage, correct constipation, and regulate the action of the bowels.

**LIQUID PROVIDERS.**—(Dissolvents) necessary in the elimination of waste products, and to keep body in perfect running order.

**VITAMINS**—which are essential to life.

## WHAT TO INCLUDE IN EACH MEAL

**PROTEINS.**—(One) Dried beans, lentils and peas, oatmeal, cheese, eggs, fish, game, meat, poultry, milk, and dishes made from one or more of these foods.

**MINERALS.**—(Two) Milk (calcium and phosphorus), green salad, figs, rhubarb, dried apricots, peaches, prunes and raisins, spinach, dried beans, lentils and peas, strawberries, egg yolk, lean meat, certain whole grain cereals—(Iron); apricots, kidneys, liver and whole grain cereals—(Valuable in forming red blood cells)—etc.

**FATS.**—(Two) Butter, cream, salad oil and dressings with oil, margarine, cream soups and sauces, sausage, any very

fat meat, oily fish, ham, pork, nuts, chocolate (both eating and drinking), all dishes made with cream, tea and breakfast bread, biscuits, cakes, etc. (containing any fat), pastry and all puddings containing a reasonable quantity of fat, such as suet puddings and stuffed meats; rich gravies and all foods cooked in deep or shallow fat, and cod-liver oil.

**STARCHY FOODS.**—(Two) Bread, biscuits, cakes, cereals, macaroni, spaghetti, vermicelli and similar preparations, all root and other starchy vegetables, bananas, all baked, boiled or steamed puddings made from bread, cornflour, flour, ground rice, semolina rice, etc.

**BODY CLEANSERS.**—(One or Two) Coarse cereals, whole wheat bread, unpeeled fruits, grapefruit, orange juice, tomato juice, grapes, apples, and pears, spinach and all green salads, buttermilk, rhubarb, tinned fruits, fruit drinks and jellies, figs, dates, raisins, prunes, boiled or steamed celery, beans, peas, parsnips, cabbage, cauliflower, etc.

**LIQUID PROVIDERS.**—(Two) Buttermilk, cocoa, coffee, tea, non-alcoholic drinks, all soups, water, watery fruits and watery vegetables.

**SWEETS.**—(One) Cakes, confectionery, preserves, honey, syrup, ice cream, sweetened stewed fruit or fruit salad, sweet desserts, sugar served in tea, coffee or cocoa.

**VITAMINS.**—(One or Two) Lemons, oranges, grapefruit, raw carrots, lettuce, tomatoes (fresh or tinned), tomato juice, raw onions, cabbage, fresh peas, etc.

The simplest way to make sure that you're providing your family with nourishing meals is to split up your weekly food allowance into fifths, as follows:

(1) Fruit and vegetables; (2) Milk and cheese; (3) Bread and cereals; (4) Eggs, fish and meat; (5) Groceries (fats, sugar, etc.).

### SIMPLE FOOD TABLES

**DAILY.**—Bread and other cereal, or a cereal pudding; milk; butter; meat with a little fat; one fruit or vegetable, preferably both, or two of each; a certain quantity of sugar in the form of jam, as well as in tea, cakes, etc.; egg in some form, tea or coffee or both.

**TWO OR THREE TIMES WEEKLY.**—Cheese; ring the changes between fish, game, or poultry, liver, kidney, and other lean meat; tomatoes; green salads; raw fruits; serve pulse foods several times per week.

# GUIDE TO SHOPPING

## HINTS ON CATERING

Before you start to think of quantities of food required, you must learn to plan a well-balanced menu. It is easy to do so if you remember the following points :

1. Do not begin with grapefruit or melon if you mean to end with a fruit sweet, or with dessert.

2. Do not start with hors d'œuvres if you mean to end with a savoury.

3. Do not start with shell-fish or prawns, if you want shell-fish in the fish course.

4. Do not start with a cream soup if you want a creamed dish or a dish accompanied by a cream sauce later in the menu.

5. Try, when the menu is short, to vary the method of cooking the various courses. For example, don't have grilled fish and a grilled cutlet or steak. Follow grilled fish with a casserole or a roast. If you have roast meat, don't have a baked pudding. Let the pudding be steamed or have a cold pudding.

6. Avoid sameness in colour in the different courses. For example, don't follow a white soup with a white fish. Salmon goes well after a white soup, or you can have a white fish, following a pink soup like tomato, or following a green pea soup.

7. Aim at variety in your menus. Do not have two hot courses following each other when you want to have a cold course in your menu, rather let the cold course come in between.

8. Avoid using the same flavouring or food product twice in one menu. For example, you don't want a tomato savoury in the same menu as a tomato soup, or a tomato salad, etc. You don't want a beef stew following a soup made from beef.

9. Remember when catering for men that savouries are usually more popular than sweets.

**SLIMMING MENUS**

**ON ARISING.**—1 glass of water containing juice of 1 lemon.  
No sugar.

**BREAKFAST.**—1 apple, or  $\frac{1}{2}$  grapefruit, or 1 orange, or 1 slice pineapple, or 2 tablespoons berries; lightly boiled, poached, scrambled, or steamed eggs—one, or a slice of lean grilled gammon, or good portion of grilled finnan haddock, or a grilled kipper, or grilled lean bacon and tomatoes, or a tomato omelette; 1 small slice toasted brown bread, crisped gluten bread, or a roll or scone, and small butter ball; coffee with milk or China tea with lemon—no sugar.

**LUNCHEON OR SUPPER.**—1 cup bouillon, or a cream of vegetable soup; small portion boiled or grilled white fish, or cold chicken, game, beef, lamb, mutton, or veal, with large portion green salad, dressed seasoned lemon juice;  $\frac{1}{2}$  slice dry toasted brown bread, or 1 slice crisp gluten bread and 1 small butter ball; one or two plums, grapes, an apple, pear, or orange, or a few berries; 1 small cup black coffee, or 1 cup China tea—no sugar.

**TEA.**—1 cup China tea with lemon; 2 bran biscuits, or 2 gingersnaps, or a slice of brown bread and butter, or 2 tea biscuits, or a small piece gingerbread, or 2 small cucumber, tomato, or cress sandwiches.

**DINNER.**— $\frac{1}{2}$  grapefruit, or a wedge of melon, or a fruit cocktail (unsweetened), or a cup of clear soup, or a cup of vegetable broth, or one or two prawns; 1 good portion boiled, grilled or roast meat, except pork, served without gravy, or baked white fish, served with tomato catsup, or a lean grilled lamb chop or two lean cutlets, and a good portion braised celery, spinach, baked tomatoes, asparagus, buttered vegetable marrow, string beans, boiled or stewed greens, cauliflower, stewed cucumber, buttered kale, or boiled leeks, or stewed onion; fruit compote, or a good portion stewed fruit and junket, or a baked apple, or steamed rhubarb, or tinned fruit, or fruit or walnut jelly; small cup black coffee—no sugar.

**NIGHTCAP.**—1 glass water containing juice of  $\frac{1}{2}$  lemon and 1 orange—no sugar.

**NOTE.**—1 glass water should be taken 1 hour before the mid-day and evening meal. If it is impossible to take any exercise worth mentioning, or if the reducer is over 40, limit breakfast to fruit and coffee or tea. When cream soups or gravy are wanted thicken only with gluten flour.

## QUANTITIES IN CATERING

ALLOW (ROUGHLY) PER PERSON AT LUNCH OR DINNER

SOUP.—1 teacup per person.

FISH.— $\frac{1}{2}$  lb. whole, or with bone;  $5\frac{1}{2}$  oz. fillets.

MEAT.—4 to  $5\frac{1}{2}$  oz. solid; 7 oz. with bone.

POTATOES.—2 when potatoes are old; 4 to 6 when new.

GREENS.— $\frac{1}{2}$  lb.

FRUIT SALAD, Ice Cream, or Pudding.—1 gill.

ALLOW (ROUGHLY) PER PERSON PER WEEK

$\frac{1}{2}$  lb. tea;  $\frac{1}{2}$  lb. marmalade; 1 lb. sugar (inclusive of cooking);  $\frac{1}{2}$  lb. butter;  $\frac{1}{2}$  lb. jam or jelly; milk: 7 pints for adults; 7 quarts for children.

## HINTS ON BUFFET REFRESHMENTS

Allow 4 small sandwiches and 1 patty, and 1 French pastry per person;  $\frac{1}{2}$  lb. petits fours for 6 persons; 1 quart ice cream for 12 persons; fully 1 gill fruit salad per person; 1 pint jelly for 4 or 5 persons; individual trifles made with one sponge cake per person; 1 bottle champagne for 4 persons; 15 quarts wine cup for 100 people and 12 quarts home-made lemonade for 100 people.

IF FOR A DANCE, ALLOW—8 quarts lemonade, 8 quarts orangeade or fruit cup, and 16 quarts cider or wine cup.

Where both tea and coffee are served, allow  $\frac{3}{4}$  lb. tea and 2 lb. coffee for 100 persons. Where only coffee is served, allow 4 lb. coffee for 100 persons.

When hot soup or bouillon is served at the end of a party, allow  $3\frac{1}{2}$  to 4 gallons for 100 persons.

## PICNIC REFRESHMENTS FOR 6 PERSONS

24 assorted sandwiches; 6 chicken, lobster, or prawn or oyster patties, or sausage rolls, or devilled eggs; 1 layer cake; 1 quart fruit salad or 2 lb. berries;  $1\frac{1}{2}$  gills cream; 9 assorted gateaux;  $\frac{3}{4}$  lb. petits fours; 2 quarts wine cup, fruit cup, cider or lemonade; 1 quart coffee (in a vacuum flask); 1 gill cream.

## CATERING POINTS

1. When you want a quart of MILK and fresh milk is not available, allow 1 lb. tin of unsweetened tinned milk.

2. When you have to substitute DRIED FRUIT for fresh fruit, allow 1 lb. dried fruit for 4 or 5 lb. fresh fruit.

3. When a recipe calls for fresh TOMATOES, and you want to use tinned, allow 1 quart tin for 2 lb. tomatoes.

4. When a recipe calls for FRESH FRUIT or VEGETABLES, substitute 1 pint tin for 1 lb. fresh, or vice versa.

5. When a recipe calls for BAKING SODA, but you are out of baking soda, allow 2 level teaspoons of BAKING POWDER for every  $\frac{1}{2}$  teaspoon of baking soda required.

## TO CHOOSE AND STORE

### DAIRY PRODUCE

**BUTTER.**—Colour should be uniform, smell fresh and texture dry. Store in a larder. Cover with butter muslin and a wire gauze cover. (Size of a nut =  $\frac{1}{2}$  oz. ; size of a walnut = 1 oz. ; size of an egg = 2 oz.)

**CHEESE.**—Brie and Camembert should be soft, almost runny. Choose Cheddar or an Edam cheese for cooking when the flavour of Parmesan is not liked. Any very dry cheese keeps well in a dry glass jar. Buy cheese in small quantities. Store under a wire gauze cover, or wrap in grease-proof paper, then in damp muslin.

**EGGS.**—Choose National marked eggs. If you cannot get them, shake eggs, and if they rattle they are bad. Eggs for preserving must be bought fresh from the nest. Keep eggs in egg stands in a cool larder.

**CREAM AND MILK.**—Buy milk bottled and sealed at the dairy, and cream in sealed cartons. Store in the coolest part of your larder, or under the cooling coil in your refrigerator. Never pour any milk or cream, taken from the larder, back into its container. Keep separate. Keep all containers of milk and cream covered.

### FISH

The eyes should be clear, the gills a fine red, the flesh firm and the smell slight. Cod, sole, whiting and turbot are most digestible, and so are good for invalids. Herring, mackerel and salmon are rather indigestible and should not be eaten by those wanting to reduce. Gurnet, hake, sea bream, and cod are all suitable for making into cakes, creams, kedgerree, puddings, salads, and for currying. Fillets of haddock or plaice can be substituted for sole when it is expensive. Crabs, crawfish and lobsters should all be heavy, and the tails of *fresh* lobsters should spring back when

uncurled. If the shell of an oyster is the least bit open, have nothing to do with oyster. Do not waste money on cheap kippers. They are seldom fit to eat. If catering for a large family, buy fresh or smoked fish, or fillets of fish, direct from the dock. When shell-fish is dear, buy it in glasses. Wash fresh fish quickly, wipe dry and place it in a flat, covered container, and stand under the cooling coil in the refrigerator, when it has to be stored—if you have a refrigerator. If not, place dish on ice.

### FRUIT

Grapefruit, lemons and oranges should be heavy. Berries, currants, cherries, plums and other soft fruits should be dry and fresh looking. Bananas should be yellow if wanted at once. *Have nothing to do with bruised fruit of any kind.* Store hard fruits on a shelf in a cool, airy cupboard, but each piece must be apart. Soft fruits, if ripe, should not be stored any longer than possible.

### GAME

Rabbits should be very fresh with thin, soft ears, soft claws and a rigid body. Paunch and hang head downwards. Hares, choose and hang like rabbits, but without paunching. Hang all game birds undrawn and unplucked, but well apart from each other. Choose birds with very short spurs. Birds are ready to cook when their tail feathers are easily plucked. Cook all wild duck and water fowl as soon as bought. If game is liked "high," hang until it has a strong smell. If birds are tainted in any way, say, through a shot wound, wash in equal quantity of vinegar and water. Venison should be well hung. Some gourmets insist on burying venison a while before cooking it. In Scotland, capercaillies are often treated in the same way. Before hanging venison wipe it well and sprinkle it with freshly ground black pepper. When ready to cook, its fat should be clear and bright, but run a skewer into the bone to test it. If, when you remove the skewer it is free from a nasty smell, the venison is in excellent condition.

### TO CHOOSE MEAT

Beef is most nourishing, but mutton most digestible. All cheap cuts of meat can be made nourishing by slow cooking in a tightly closed casserole. If you choose a steak



that is tough, pound it to break the fibres, before cooking, or soak it for an hour or two in a marinade.

**BEEF.**—Lean should be inter-mixed with fat, so that beef looks mottled. Flesh should be firm and the lean bright red, and fat and suet both white.

**LAMB.**—Flesh should be fine and firm, and light-pink in colour, and the bones pink or slightly streaked with red; fat, pearly-white. Spring lamb is best, from 6 weeks to 3 months old.

**MUTTON.**—Should be deeper red than lamb, with firm, white, flaky flesh of a waxen colour, and bones white, or very slightly pink. Is best between 4 and 5 years old.

**PORK.**—Should be pink in colour with finely grained tissues, firm white fat, fine, small bones, and smooth, thin rind. Having nothing to do with clammy or flabby pork.

**HAM.**—Should be short and plump and not too fat, but fine in the bone. To test the ham, run a skewer into the thick part, close to the bone in the middle. Remove skewer, and if it smells very strong, or is very fatty, choose another ham. If, when a ham is cut, the white is streaked with yellow, or is discoloured, have nothing to do with it. The fat should be white.

**VEAL.**—Fat round the kidneys should be firm and white, and the flesh should be firm. Have nothing to do with veal that is flabby or spotted, or if its fat is soft. Veal is best taken from animals from 6 weeks to 3 months old. The fresher veal is, the better.

## THE CUTS OF MEAT

### PRIME JOINTS FOR BAKING

**BEEF.**—Sirloin and fore and wing ribs.

**LAMB.**—Forequarter; hindquarter (when very young); shoulder; breast (both often boned and stuffed); loin; best end neck.

**MUTTON.**—Saddle; haunch (leg and loin); leg; loin; best end neck.

**PORK.**—Loin (fore loin and hind loin); leg.

**VEAL.**—Fillet; loin; shoulder and blade bone.

**VENISON.**—Haunch (leg and loin); best end neck.

### ECONOMICAL JOINTS FOR BAKING

**BEEF.**—Rolled ribs; wing rib; buttock (when a very large joint is wanted); top side; "leg of mutton piece" (part of chuck rib); rump, aitch bone, boned shoulder.

**LAMB.**—Shoulder and breast (New Zealand).

**MUTTON.**—Shoulder and breast (boned and stuffed); heart; also saddle; haunch; best end neck; leg; loin and breast (New Zealand).

**PORK.**—Fore-end; spare ribs.

**VEAL.**—Breast (boned and stuffed); heart.

**VENISON.**—Breast (boned and stuffed).

#### PRIME CUTS FOR FRYING AND GRILLING

**BEEF.**—Fillets and rump.

**MUTTON.**—Loin chops; cutlets.

**LAMB.**—Cutlets; chops.

**PORK.**—Cutlets and chops.

**VEAL.**—Escallops; chops; fillet.

**VENISON.**—Chops; rump steak; cutlets.

#### ECONOMICAL JOINTS FOR FRYING AND GRILLING

**BEEF.**—First cut of rump.

**LAMB AND MUTTON.**—Same as Prime, but New Zealand.

**PORK.**—None.

**VEAL.**—None.

**VENISON.**—Same as Prime, but bought direct from Highlands.

#### JOINTS FOR BOILING, AND SALTING AND BOILING

**BEEF.**—Aitch bone; brisket; thick and thin flank, and silverside.

**LAMB.**—None.

**MUTTON.**—Breast (boned); leg (leg can be boiled without salting).

**PORK.**—Check (salted and boiled, or brawn); spring or belly (boiled or salted and boiled); hand and leg (boiled); head (brawn).

**VEAL.**—Head and breast (boiled).

**VENISON.**—None.

#### MEAT FOR PIES AND PUDDINGS

**BEEF.**—Leg; skirt and shin.

**MUTTON.**—Neck.

**PORK.**—Leg.

**VEAL.**—Fillet.

**VENISON.**—Shoulder.

#### MEATS FOR BRAISING AND STEWING

**BEEF.**—Clod; thin brisket and flank; leg, neck and shin.

**LAMB.**—Breast, neck or loin.

**MUTTON.**—Breast; scrag end of neck; small leg (bone as far as the knuckle); loin or shoulder.

**PORK.**—None.

**VEAL.**—Fillet; knuckle; neck; breast.

**VENISON.**—Shoulder.

#### MEATS FOR STOCK

**BEEF.**—Clod, thin brisket and flank, neck and shin.

**LAMB.**—Scrag end of neck, and shank.

**MUTTON.**—Middle and scrag end of neck, and shank.

**VEAL.**—Fore-shank or knuckle.

#### TO STORE MEAT

Examine to see that there is no sign of fly. If there is, cut off part tainted, and wipe remainder with a clean cloth dipped in equal quantity of warm water and vinegar. Always remove any paper wrappings of meat before storing, unless a non-absorbent paper is used. Place meat in the coldest part of your refrigerator, in a covered container. If you have no refrigerator, cover with a wire gauze frame and place in the coolest part of your larder. Beef and mutton keep fresh longer than lamb, pork and veal. Be sure to remove the pipe of fat that sometimes runs through the back of a bone before storing. Place hams, sides, or flitches of bacon, well dusted with equal quantity of black pepper and ground ginger, in bags of muslin, and suspend them from hooks in the kitchen ceiling or larder. Remove cooked meats from the dish in which they were served, place on a clean dish, cover with a wire gauze frame, and store in the cool part of your larder. Remove any discoloured portions from suet, as well as kernels, etc., before storing in a flour barrel. Beef suet is best for sweet and savoury puddings and mincemeat. Store lard in a closely covered container.

#### TO CHOOSE POULTRY

IF FOWLS are young, the end of their breast bones is soft. Young hens have smooth combs and legs. Cockerels have short spurs and smooth legs. When fresh, feet are soft and eyes clear. Choose white-legged fowls for boiling. Fowls with black and yellow legs should only be roasted.

**DUCKS AND GEESE.**—Choose with yellow bills and feet. When fresh, feet are soft.



1—Any left-over white of egg can be made into meringues.

2—Odds and ends of stale cheese I find handy for making into savouries.



3—I even turn peel ings, after preparing an apple tart, into apple jelly.



4—How I prepare grapefruit, orange and lemon rind for candying.

5—After cooking bacon, I always strain the fat and keep it for frying chicken, fish or rabbit.



6—I keep all sour milk or cream for scones.

**PIGEONS.**—Choose with small, pink legs. If large and dark, no use for roasting. Breast should be plump.

**TURKEYS** for roasting should have short spurs and smooth black legs, plump breasts and white flesh. When fresh, feet are supple. Choose a medium-sized bird, from 10 to 12 lb. I prefer a hen for roasting.

**GUINEA FOWL.**—Choose like fowls.

## VEGETABLES

**ARTICHOKES.**—Choose fresh, crisp Globe Artichokes. Allow 1 per person. Best not stored. Choose firm, equal-sized Jerusalem Artichokes. Allow 2 to 2½ lb. for 6 persons. Store in a cool, dry, airy place.

**ASPARAGUS.**—Choose fresh, crisp, moist-looking asparagus. Allow 6 to 8 stalks per person. Best eaten fresh, but can be kept for a day or so in a cool, dry, airy place.

**BEANS.**—Choose fresh-looking pods, of a medium size, well filled but not bursting. Allow 1 peck Broad Beans and 2 to 2½ lb. French or Runner Beans for 6 persons.

**CABBAGE (RED AND WHITE).**—Choose brightly coloured cabbage, with firm, crisp hearts. Must be free from rust and spots. One large cabbage is enough for 3 or 4. Store in a chilly cellar or outhouse.

**CARROTS.**—Choose firm, medium-sized carrots, crisp when broken. Allow 2 lb. for 5 or 6. Remember 3 or 4 old carrots and about 15 young = 1 lb. Store in a chilly, well-ventilated cellar. To store in quantity, place on wire or wooden vegetable racks, on a shelf in a cool cellar or outhouse. Cover lightly with sand.

**CAULIFLOWER.**—Choose full, compact head, absolutely free from dirt and mildew. Head should be white and outside leaves crisp and green. 2 small or 1 large cauliflower enough for 6. If necessary to store keep in a cool place, but cauliflower must not freeze.

**CELERIAC.**—Choose crisp, fresh roots. 1½ lb. enough for 6. Store like celery.

**CELERY.**—Choose compact heads with crisp stalks, fresh leaves and firm heads. One medium bunch enough for 6 with cheese. Three medium heads enough for 6 for cooking. Store on a wire or wooden vegetable rack in a cool larder, scullery or cellar.

**CHICORY.**—Choose crisp, plump heads or stalks. Allow

3 or 4 per person. Best eaten fresh, but can be stored in a cool, moist place.

**CHIVES.**—Should be crisp and fresh looking. Plant roots in pots and cut as required.

**CORN.**—Husks should be bright and fresh, with milky kernels which bruise easily when pressed. Allow 1 or 2 ears per person. Eat fresh.

**CRESS.**—Choose bright, fresh cress; watercress with fine stems. One bunch watercress enough for 4. One basket mustard and cress enough for garnishing salads or sandwiches for a dozen persons.

**CUCUMBERS.**—Choose medium-sized, firm cucumbers of a bright green colour. One large cucumber provides enough salad for 4 or 5. Do not store if possible, but can be kept fresh in a chilly larder.

**EGG-PLANT (AUBERGINE).**—Should be heavy and solid, with a glossy, smooth, whole skin. One medium egg-plant enough for 2. Do not store long, but keep in a cool, dry place until cooked.

**ENDIVE.**—Choose crisp, fresh heads free from blemish, one head enough for 4 to 6 persons. Store in a cool place away from the air.

**ESCAROLE.**—See **ENDIVE**.

**GREENS.**—Beetroot Tops, Turnip Tops, Sprouting Tops, Dandelions, Sorrel, Spinach, Watercress, Kales, etc.: choose fresh, crisp leaves with young stems. Allow  $\frac{1}{2}$  to 1 peck for 6. Should not be stored. **BRUSSELS SPROUTS.**—Choose firm, fresh heads, discard those with any wilted leaves. Allow 2 to 2 $\frac{1}{2}$  lb. for 6. To store, keep in chilly cellar.

**LEEKS.**—Choose firm, white leeks of medium size, with fresh, green leaves. Allow 2 to 4 per person. Store in a vegetable rack, in a dry, cool place.

**LETTUCE.**—Choose crisp, fresh heads, with bleached hearts, and bright outer leaves. Heartless lettuces should have crisp, bright leaves. One head lettuce enough for 4 persons. Store in a cool place away from air.

**MARROW.**—Choose firm, fine-grain, medium-size, but heavy fruit. One medium marrow enough for 4 to 6. Store in a dark, dry place.

**MUSHROOMS.**—Choose firm, white mushrooms, free from worms. 1 lb. enough for 4 or 5. They should be eaten perfectly fresh.

**ONIONS.**—Choose firm, sound onions, with thin skins.

**1 to 1½ lb.** enough for 6—usually 6 to 8 in 1 lb. Store in a dry, airy outhouse, or in net bags.

**PARSNIPS.**—Choose young, medium-sized, firm roots. Allow 1 lb. for 4 persons. They can be left in the garden all winter, or kept in a cool, dry, dark cellar, free from draughts, or buried in sand.

**PEAS.**—Choose green, medium-sized, crisp pods. They must not be too full. 2 pints shelled peas enough for six. 8 lb. = 1 peck. Use as soon as shelled.

**POTATOES.**—Choose firm and medium-sized. Allow 2 lb. for 6 persons, if potatoes are old. If new, allow 3 lb., and choose moist-looking potatoes. 4 to 6 old potatoes = 1 lb. 20 lb. = 1 peck. Store in a cool, airy place.

**SALSIFY AND SCORZONERA.**—Choose crisp, firm and fresh roots. Allow 1 bunch for 4 persons. Store in a cool, moist place, or leave in the ground if you have a garden, and dig up as required.

**SHALLOTS.**—See **ONIONS.**

**TURNIPS.**—Choose firm, fine-grained roots. Allow 1 to 1½ lb. for 6 persons. Store in a cool, dark place, in sand.

**NOTE.**—If you live in a flat, where it is impossible to store vegetables in a cellar or in an outhouse, wrap all green vegetables in newspaper, salads in a damp cloth, and store in a wooden box or basket, in a cool place. If you have a proper vegetable rack, place wrapped vegetables in it. Put garlic, onions and shallots in net bags, and hang them where the air can get to them. Remove the tops from carrots, parsnips, beetroots, turnips, leeks, and radishes, before storing in a vegetable rack or basket. Keep mint, mustard and cress, parsley, watercress, chervil, etc., in a jar of water, but change it daily. Lay tomatoes on a shelf, where they cannot touch each other.

## GROCERIES, CONFECTIONERY, ETC.

**BREAD.**—Always order so that you have loaves a day old, when new bread is extravagant and indigestible. Store in a tightly-covered tin. Choose 24-hour old bread for sandwiches.

**BISCUITS.**—Buy in large tins when catering for a fairly large household. When household is small, buy in packets, or by the lb., and store in a tightly closed tin.

**PEARL BARLEY, GROUND RICE, SAGO, TAPIOCA, SEMOLINA, etc.**—Buy in small quantities and store in tightly covered jars or tins in a dry cupboard.



**CANDIED AND DRIED FRUITS.**—Store in boxes or tins lined with white paper, or in glass jars with tightly fitting covers.

**NUTS**—almonds, walnuts, pignola, etc.—Store like candied and dried fruits.

**SPICES.**—Store in bottles or jars, or in tins with tight covers. Buy in small quantities. Whole preferable to ground.

**SUGAR.**—Store in tightly covered jars. Cheapest bought in large quantities.

**SUGAR (ICING).**—This hardens if not kept in a tightly covered container.

**CHUTNEYS, CATSUPS, SAUCES, PICKLES, MARMALADE, JAMS AND JELLIES.**—Buy when there is a cheap offer. Store in dry, airy cupboard.

**BOTTLED, GLASSED AND TINNED GOODS.**—Buy when there is a cheap offer. Store in dry, airy cupboard.

**FLOUR.**—Cheapest bought in large quantity. Store in a tightly covered flour bin in a dry airy cupboard.

**COFFEE AND TEA.**—Buy in small quantities. Keep in tightly closed boxes lined with lead, or in tightly closed tins.

**SALAD OIL AND VINEGAR.**—Buy when there are cheap offers. Store in the coolest part of the larder.

**MINERALS AND FRUIT SQUASH, ETC.**—Store in the coolest part of the larder.

## THE LARDER AND STORE-ROOM

**LARDER.**—Must be airy and dry, and its window should look to the north, and consist of fine gauze wire. It is also wise to have an outer glass window to close in case of a storm. If there is no ice-making refrigerator, store all perishables in larder, with a muslin cover to each. No food should be put away on the dish it is served on. The ideal larder has a brick or stone floor and slate shelves.

**STORE-ROOM OR STORE CUPBOARD.**—Must be very dry and equipped with drawers, shelves and nails. If large enough it should contain a table with weights and scales. Somewhere handy tack up a reminder list with pointers, so that when you give out the remainder of any stores, you can turn back the pointer opposite the article you are out of, to remind you when you come to make out your weekly list. Label all the jars and tins with the names of the contents. Store the large containers at the back of the

shelves, and the smaller ones at the front, graduating in size till the smallest ones are in the front. Keep somewhere in your store cupboard, preferably in a drawer, supplies of paper d'oyleys, cutlet frills, soufflé cases, preserve covers, and kitchen and grease-proof paper. In some other drawer store wrapping paper, string, butter muslin, jelly bags, dried thoroughly and wrapped in paper before being stored.

## THE CHOICE OF WINES

### AND HOW TO SERVE THEM

If you wish to be able to offer the standard service of wines at a formal dinner, you must buy and store so that you are always able to offer a glass of Sherry, such as Tio Pepe, very delicate and dry, Manzanilla, also very dry, or a glass of pale sherry such as *Vino de Pasto*, or *Anontillado*. If your guests should prefer Sherry in place of Port with dessert, or with cake or biscuits half-way between breakfast and lunch, or last thing at night, offer them a glass of dessert Sherry.

When Vermouth is preferred as an aperitif you can give a choice of French or Italian, or a mixture of both, or a glass of Chambéry. The Chambéry must be chilled, like a cocktail. As a rule men prefer a dry cocktail, and women prefer a sweet one. For cocktails recipes, see index.

### TO SERVE WINE

Any still white wine can be served with oysters and fish, but do not serve red wine with any fish, unless it be with Salmon à la Parisienne, or Salmon Chambord, or with a sole which is cooked in red wine.

Dry, pale Sherry or a Vermouth, can be served with hors d'œuvres.

Choose Graves, Chablis, Moselle, Hock, or White Burgundy.

Choose Claret to go with an entrée, and Claret or Burgundy to accompany the roast. Claret can also accompany a chicken, a partridge, a pheasant or other game. Serve Madeira, Malaga, or Port with cheese and dessert. Offer liqueur Brandy with the coffee, or a choice of Brandy and other liqueurs.

If you want to give an informal party, you can serve one wine throughout, such as a Claret, a Burgundy or a Champagne. Serve Claret and Burgundy at the temperature of the room. To achieve this, uncork the bottles and

carefully decant them, then take the decanters and place them on the corner of the dining-room mantelpiece for 5 or 6 hours before they are required. If white wine is wanted iced, stand bottle in a bucket of ice. *Never put ice in wine.*

If you want to serve only one wine with lunch, choose Champagne, or a light white Burgundy in summer, and a light Claret in winter. If you want to serve say, three wines with dinner, choose a light, dry, white wine, such as Pouilly or Moselle with the fish; a good chateau-bottled Claret or a fine old Burgundy with the roast, and offer Champagne, or any sweet Sauterne (either served very cold) with the sweet.

**TO DECANT PORT.**—Keep the white splash, on the punt-end of the bottle, uppermost. The decanter should be clean and dry. If not dry, rinse it out with a very little of the wine. On no account shake the bottle when drawing the cork. If the cork should break, strain wine into the decanter through a funnel lined with a piece of muslin.

**TO STORE WINE.**—If you have an underground cellar where you can have a constant temperature of 56 degrees Fahr., store your wine in it. The cellar *must be dry*. Lay all bottles on their sides with the splash marks uppermost. Spirits, however, should be stored standing upright.

## THINGS YOU WANT TO KNOW

**TO CUT IN.**—To mix ingredients by cutting them through with a knife. Sometimes suggested when butter has to be mixed with flour for pastry.

**TO BLANCH.**—To cover with boiling water. *Almonds*; stand 2 minutes in boiling water. Drain, throw into cold water then rub off skins and dry in a towel.

**TO CLARIFY BUTTER.**—Melt butter in a saucepan without stirring. Skim, and pour off the pure butter, leaving any sediment behind. Use for baking purposes in cakes, buns, etc., for greasing cake and other tins, and for covering potted meats and pastes.

**TO CLARIFY FAT.**—Put any trimmings of fat from meat and dripping to be clarified in a saucepan. Place it over a moderate heat, and when melted strain into a clean pan. For every three pounds add  $\frac{1}{2}$  teaspoon baking soda and 1 pint milk. Boil till the water has evaporated and the fat is clear. Skim when cool and strain into a jar.

**NOTE.**—If the pieces of fat are large, cut them into half-inch squares. This fat is excellent for pastry, in the proportion of  $\frac{1}{2}$  lb. to each pound of flour.

**TO MAKE BACON ROLLS OR CURLS.**—Remove rind and any bone, and cut in pieces  $1\frac{1}{2}$  by 3 in. in size. The bacon should be very thin. Roll up loosely, run on to a skewer and bake, fry or grill till cooked. Useful garnish for roast chicken, turkey, veal and scrambled eggs, etc.

**BOUQUET-GARNI.**—Consists of 1 or 2 sprigs of parsley, 1 bay-leaf, and a sprig of thyme. They should be tied together.

**TO MAKE BROWNING (GRAVY).**—Place  $\frac{1}{2}$  lb. loaf sugar and 1 gill water in an iron saucepan. Boil without a cover until the syrup turns the colour of coffee. Cool, bottle, and use for adding to gravy, stew or soup to darken liquid.

**NOTE.**—Be careful not to cook till it burns.

**TO MAKE LIQUID CARAMEL.**—Place 1 lb. castor or loaf sugar, 3 gills of water, in an iron saucepan. Heat slowly, without stirring, until mixture begins to colour, then stir occasionally, until you get it the shade you want. Amber or light brown is the usual shade. If, by mistake you get it very dark, keep it for using as browning.

**TO COAT.**—Dip article for coating in seasoned flour then in beaten egg, or in milk and flour mixed to a thin cream. Drain and toss in crumbs or whatever mixture of crumbs is used. You can also coat by dipping in flour, then in butter.

**CRUMBS.**—Biscuits such as macaroons, ratafias and sponge are sometimes used, the first two for ice cream, the others in place of breadcrumbs in fruit charlottes, etc. Crumble between the palms of hands and sieve if wanted very fine.

**TO MAKE BREADCRUMBS.**—(1) Remove crusts from stale bread, rub bread through a fine sieve with the palm of the hand. (2) Put pieces of stale bread or any crusts left over from making sandwiches or toasts in a moderate oven. Bake them till crisp and pale brown. Crush them on a baking board with a rolling pin. Put them through a wire sieve and store like *all prepared crumbs* in an air-tight tin. (3) *Fried.* Melt a piece of butter in a frying pan or a baking tin, add fresh breadcrumbs requiring to be fried or baked. Allow 2 teaspoons butter to 1 teacup crumbs. Sprinkle with salt and pepper to taste and either fry or bake until a rich brown, turning them occasionally in the process. Use with roast game.

**TO BEAT.**—To mix ingredients with a vigorous over and over action, with an egg beater, a spoon or a wire whisk. This introduces air to the mixture. Always beat in the same direction.

**TO BASTE.**—To spoon fat or liquid over poultry, game or other food while baking, to prevent it drying.

**TO MAKE CROÛTONS.**—Cut bread  $\frac{1}{4}$  inch thick into  $\frac{1}{4}$  inch wide strips, then into  $\frac{1}{4}$  inch squares. Then place in a frying basket and lower it into deep, smoking hot fat. Fry till light brown, then drain well on paper and serve on a dish lined with a lace paper d'oyley with *soups*. For garnishing or when wanted for savouries, prepare in the same way only they should be a little thicker, and can be cut in hearts, ovals, rounds, squares, or triangles.

**TO MAKE CROÛTES.**—Used for supporting an entrée. Size depends on size of dish used in serving. When possible make the croûtes large enough to take the food, for example, sweetbreads, or large enough to take a bird, such as grouse. They should be about  $\frac{3}{4}$  inch thick, unless a preference is shown for thicker ones. When wanted to support an entrée make them 2 in. thick.

**TO BARD.**—To place thin slices of fat bacon over the breast of a bird. All dry birds, such as guinea fowl, should be barded before roasting. If all game and poultry is barded no basting is required. The bacon should be  $\frac{1}{4}$  inch thick and be slit here and there. Tie it on with string.

**TO MAKE FRYING BATTER**—Measure  $\frac{1}{4}$  lb. flour and a saltspoon of salt into a basin. Stir in by degrees 1 gill tepid water and 1 tablespoon salad oil. Mix to a smooth batter. Stand 1 hour then fold in lightly 2 stiffly frothed egg whites, and use at once. Clarified butter can be used instead of oil.

**DEVILS.**—Fish roes, kidneys, legs of poultry, mushrooms, fish-steaks can be devilled. *To devil*, highly season the meat, gashing any legs before rubbing in the paste. Coat meat with the paste (see below).

**TO MAKE DEVIL PASTE.**—Mix 1 teaspoon Worcester Sauce, with  $\frac{1}{4}$  teaspoon made mustard, 1 teaspoon clutney,  $\frac{1}{4}$  teaspoon curry powder, pinch of salt, dash of cayenne, and 1 oz. melted butter.

**TO MAKE GLAZE.**—For ham, tongue, etc. Put  $\frac{1}{4}$  gill water,  $\frac{1}{4}$  oz. gelatine, and  $\frac{1}{4}$  oz. meat extract into a saucepan. Stir till boiling and slightly thick. Wipe ham or tongue with a cloth wrung out of hot water before brushing with glaze.

A richer glaze can be obtained by cooking 2 quarts of stock until reduced to nearly a gill, skimming it frequently.

To DREDGE.—To coat lightly with flour or sugar, etc.

To LARD.—Required, a larding needle and a piece of salt fat pork. Cut fat in thin slices, then in strips, about the size of a match for sweetbreads, birds and any small meats, and larger for large meats. Place the strips between the slits of the larding needle then drive the needle into the meat, making a stitch  $\frac{1}{2}$  inch wide. Draw the fat into this. The ends of each lardoon should stand up above the meat. Insert the lardoons in rows. You usually lard only lean pieces of meat. It makes the meat more nutritive, and improves its flavour. This meat is usually baked or braised. The ends of the fat should be crisp.

To FOLD.—To mix in with a light over and over motion something like cutting. Always fold in one way. Whipped cream and beaten egg are usually folded into other ingredients. The mixture must not be beaten.

To KNEAD.—Is to press and turn dough with the hands till it is smooth. Dough kneaded must be too stiff for beating or stirring.

To MARINATE.—To cover with a liquid, usually French dressing, and allow fish or meat to stand till it has absorbed the flavour and moisture. *For fish, meat, or salads.*—Mix 1 teaspoon minced onion with 1 teaspoon minced parsley, 2 saltspoons salt and a dash of paprika and pepper. Stir in 2 tablespoons salad oil, then 3 tablespoons pure malt vinegar. Pour over fish, meat or salads. Baste occasionally while fish or meat marinates for 2 or 3 hours. Salad needs 1 hour.

To MIX MUSTARD.—If wanted hot, mix smoothly with cold water, allowing saltspoon of salt to 1 tablespoon mustard. If wanted mild substitute cream or milk for the water. *Simple French Mustard.*—Mix 3 tablespoons mustard flour in a basin with 1 tablespoon castor sugar. Stir in 1 beaten egg and when smooth, add 1 teacup pure malt vinegar gradually, beating till smooth. Turn into a saucepan and stir over the fire for 3 or 4 minutes. When cool, stir in 1 tablespoon olive oil. Spiced vinegar makes the mustard more appetising. *"Piquant" Mustard.*—Mix 2 tablespoons mustard flour in a basin with 1 teaspoon castor sugar. Stir in 1 tablespoon salad oil, and a pinch of salt, then 2 table-

spoons pure malt vinegar. If too thick, dilute with a little boiling water.

**TO BLANCH PARSLEY.**—Wash and stalk. Place in a saucepan with some cold salt water, and bring to boiling point. Strain and squeeze dry in a clean cloth. *To chop parsley.*—Blanch if possible. Otherwise, stalk, wash and dry. Chop finely with the point of the knife held firmly in the left hand. Move the knife handle up and down quickly with the right hand. When fine, place parsley in the corner of a clean cloth, turn the tap on it, then dry and use. *To fry parsley.*—Wash, stalk and dry parsley, then place in a wire basket and fry in deep, smoking hot fat for one minute. Drain on paper before serving as a garnish.

**TO MAKE PRALINE.**—Melt  $\frac{1}{2}$  cup castor sugar in an iron saucepan till a rich brown, add the same quantity of chopped blanched almonds or other nuts and a few drops lemon juice. Turn quickly on to a buttered or oiled tin. Leave till hard, then chop. Use for ice cream, etc.

**TO MAKE A POTATO BORDER.**—Boil or steam three medium-sized potatoes, and rub them through a fine sieve. Stir in 1 egg yolk, salt and pepper to taste and  $\frac{1}{2}$  tablespoon butter. Mix well with a wooden spoon over the fire, then remove pan and when potato is cool enough to handle, dip your hands in flour, and shape mixture in a long oblong, then draw it on its serving dish into a round or oval form as required. Re-heat before using. If a brown border is wanted, arrange it in a buttered baking tin, brush it with beaten egg and brown in the oven, then transfer carefully to serving dish. Sometimes I arrange border in a fireproof serving dish to save transferring it.

**TO MAKE ONION JUICE.**—Slice the root off an onion, then either grate on a grater, or squeeze on a squeezer kept for the purpose.

**TO MAKE A RICE BORDER.**—Wash and drain 1 lb. rice. Place in a saucepan with  $1\frac{1}{2}$  quarts water and 1 teaspoon salt. Simmer till water is absorbed and rice tender, then pound till smooth and pack into a wet border mould. Turn out when cold and use with cold entrées when required.

**TO USE A VANILLA POD.**—Infuse the pod in milk, leaving it in until the milk is nicely flavoured with vanilla, then remove, dry, dip in castor sugar and store in a castor sugar jar until required again. Milk can be used for puddings and cakes, etc. The sugar becomes flavoured also.

**TO MAKE ROUX.**—Blond, brown, and white. Cook equal quantities of butter and flour in a saucepan over the fire. If blond is wanted, slightly brown the mixture. If brown, cook till rich nut brown. If white, cook without browning. 1 heaped tablespoon roux thickens 1 pint of liquid. It can be made in a large quantity and if kept closely covered it will keep good a long time.

**TO FRY ONION RINGS.**—Slice peeled onions thinly, beginning at the root end. Divide into rings, toss in seasoned flour, shake, and fry till brown in smoking hot fat. Drain before using.

**SALPICON.**—A filling for patty cases, ramekins, timbales, etc.

**RASPIINGS.**—Used for coating boiled hams, moulds and sprinkling over certain savoury dishes. Either sift bread-crumbs, baked till brown, or stale bread and crusts browned in oven then crushed.

**TO RUB OR PASS THROUGH A SIEVE.**—Press substance with the back of a bowl of a wooden spoon, through a sieve. When difficult to sieve sweet corn, beans, peas, etc., pour a little of the liquid in the recipe over the puree.

**TO MAKE A BAG FOR PIPING WITH.**—Sew two edges of a square of strong cotton firmly together. Cut a hole large enough to allow the end of a forcing pipe to go through.

**TO WHIP CREAM AND EGGS.**—Use an ordinary wire whisk or egg beater. Pour cream or eggs into a cold basin, add a pinch of salt to the eggs and a pinch of castor sugar to the cream. Then whisk or beat in a cool place till frothy. Whip cream gently to start with. Make certain that no egg yolk gets into the white of egg. Cream for piping should be stiff enough to keep its shape. Sweeten and flavour when cream begins to thicken. To stiffen cream for a cake filling, stir 1 teaspoon gelatine, dissolved in 2 tablespoons milk, into every  $\frac{1}{2}$  pint cream before whipping.



# THE UP-TO-DATE KITCHEN

**T**O keep a kitchen up-to-date, first see that it is decorated with glazed tiles, or distempered and varnished, so that it can be washed, or painted and distempered. It is a good idea to give it a dado, about 3 feet high, of linoleum, to match the linoleum on the floor, as all splashes can then be more easily removed.

See that it is well lit, and the light so fixed that there is plenty of light for any operation carried out in the kitchen. If there is no scullery, it is best to have the sink placed as close to the cooker as possible. *For the more you group your working centres, the more steps you save, and, therefore, time.* Either have the back of the sink tiled, or painted with washable paint, or distemper, or varnish.

To equip your kitchen, give it a kitchen cabinet, or a dresser with sliding glass doors, and a corner cupboard to take ironing equipment.

Choose a table with an enamelled iron or a porcelain top.

If you are forced, through circumstances, to take an old-fashioned dresser, tack a piece of white oil-cloth over the top of it. Your kitchen table can be covered to match, if you do not wish to spend the money on a porcelain top.

If you find it necessary to place a drop shelf in kitchen, often useful near a sink, place it 32 inches from the floor, unless you are very tall, when it must be higher.

Have castors put on all heavy furniture, so that it can be moved for cleaning underneath.

## TIME-SAVERS

1. Wipe all greasy things with crumpled paper before washing.
2. Clear as you go.
3. Have working centres grouped together
4. Cook in an oven with an automatic heat controller.
5. Use waterless cookers, electrical coffee percolator, and toaster.
6. Stack plates and saucers in their own piles. This simplifies washing up.
7. Before you start work in the morning make a list of the duties of the day, and score them off as you do them.

8. Disinfect all drains and dust-bins once daily, and line garbage bins with paper before using.

9. Burn all perishable rubbish in your hot-water furnace, or on the fire

10. Before starting to cook assemble all your ingredients and utensils.

### MAKE-SHIFTS IN THE KITCHEN

1. If you have to bend when you work at your table, raise it on rubber castors.

2. Use paper bags for lining cake tins.

3. Buy a step-stool, which you can use for sitting on when preparing vegetables, or for steps when required.

### THINGS YOU CANNOT DO WITHOUT

**COOKER.**—If you choose an electrical enamelled cooker, have one with a thermometer attached. If you choose gas, choose one enamelled all over, and fitted with an automatic oven heat controller. See that your cooker is raised enough from the floor so that you have not to bend when working at it. No matter what type your cooker, select one easy to work, and easy to keep clean. Enamelled surfaces and chromium-plated fittings are best. I prefer stoves with eye-level ovens.

**KITCHEN CABINETS.**—Choose one the right width for the space you have for it, and equipped with a sliding working shelf. If you have a dresser you can do without the cabinet.

**SINK.**—When possible choose a porcelain sink, with porcelain or tiled backboard and tilted draining boards of hard wood. You will save yourself labour if you have a cupboard to hold cleaning supplies, suspended from nails above the sink.

**TABLE.**—Choose a large one with a porcelain top. If you already have a table, give it a porcelain top.

### ESSENTIAL UTENSILS

Weights and Measures	Tin Opener
Measuring Cup	Corkscrew
Set of Measuring Spoons	Kitchen Spoons, Forks, Knives
2 or 4 Quart Kettle	Colander
Set of Saucepans (aluminium)	Wire Sieve
Double Boiler	Vegetable Brush
A Funnel	Bread Box
A Roasting Pan	Cake Tin

Teapot	Flour Bin
Lemon Squeezer	Flour Dredger
Set of Basins	Apple Corer
Set of Pie Dishes	Grater
Casserole	Storing Jars or Containers
One or two Pudding Basins	6 Glass Towels
Frying Pan	6 Kitchen Towels
2 or 3 Wooden Spoons	6 Roller Towels
Egg Whisk	2 Knitted dish cloths
Pastry Board	3 floor cloths
Rolling Pin	6 Dusters
1 Set of Jugs	3 Pudding Cloths
Chopping Board and Knife	2 Chamois Leathers (1 for glass,
Food Chopper	1 for silver)

### THINGS TO SIMPLIFY WORK

Dinner Wagon	1 Stainless Steel Potato Knife
Refrigerator	1 Stainless Steel Tomato Knife
Electric Fan	1 Stainless Steel Saw-edged
Gas-run Incinerator	Bread Knife
Waterless Cooker	Bread Board
Set of Fireproof Glassware	Electric Toaster or Toasting
or Oven Ware	Fork
Aluminium Fish Kettle	Pair of Scissors
High Pressure Cooker	Knife Sharpener
Coffee Percolator	Knife Board
Coffee Mill	Jelly Moulds (Aluminium)
Aluminium Preserving Pan	Soup Ladle
Aluminium Stirring Spoon	Basting Ladle
Omelette Pan	2 or 3 Aluminium Plates
Hair Sieve	Butter Dish
Set of Skewers	Salt Jar
Fish Slice	Gauze Covers for Perishables
2 Strainers (1 round, 1 pointed)	Clock
Yorkshire Pudding Tin	Plate Rack
Trivet	Cake Rack
Self-basting Roasting Pan	Pastry Brush
Swiss Roll Tin	Household Brushes
12 Bun Tins	Mop and Pail
12 Patty Pans	2 Enamel Basins
3 Layer Cake tins	1 Wood-pulp Bowl (for
3 or 4 Graduated Cake Tins	washing-up)

# TABLES OF WEIGHTS AND MEASURES

1 standard cupful	= 1 average teacupful
$\frac{1}{2}$ pint	= $1\frac{1}{4}$ standard cupfuls
1 wineglassful	= $\frac{1}{2}$ gill

## LIQUID MEASURES

15 drops	= 1 saltspoonful
1 saltspoonful	= $\frac{1}{4}$ teaspoonful
4 saltspoonfuls	= 1 teaspoonful
4 teaspoonfuls	= 1 tablespoonful
8 tablespoonfuls	= 1 gill
2 gills	= $\frac{1}{2}$ pint
4 gills	= 1 pint
2 pints	= 1 quart
4 quarts	= 1 gallon

## SOLID MEASURES

$2\frac{1}{2}$ cups Castor Sugar	= 1 lb.
$3\frac{1}{2}$ cups Icing Sugar	= 1 lb.
$2\frac{3}{4}$ cups Brown Sugar	= 1 lb.
$2\frac{1}{2}$ cups Fat	= 1 lb.
1 cup Currants	= 6 oz.
1 cup Raisins	= 6 oz.
$\frac{1}{2}$ cup Chopped Nuts	= 1 oz.
4 cups Flour	= 1 lb.
2 cups Rice	= 1 lb.
3 cups Oatmeal	= 1 lb.
$4\frac{1}{2}$ cups Ground Coffee	= 1 lb.
$2\frac{1}{2}$ cups (pressed down) Chopped Meat	= 1 lb.
1 heaped breakfast cup Minced Suet	= 4 oz. (roughly)
1 breakfastcup (heaped) Sago, Semolina, Tapioca, etc.	= $\frac{1}{2}$ lb.
1 cup Stale Crumbs	= 2 oz.
1 square of Chocolate	= 1 oz.
9 or 10 Eggs	= 1 lb.
1 heaped tablespoon Fat	= 1 oz.
1 heaped tablespoons Flour	= 1 oz.
2 heaped tablespoons Coffee	= 1 oz.
2 heaped tablespoons Icing Sugar	= 1 oz.
1 heaped tablespoon Castor Sugar	= 1 oz.
8 lumps Sugar	= 1 oz.

NOTE.—When measuring dry ingredients, such as butter,

flour, or sugar, a heaped spoonful equals 2 level or liquid spoonfuls.

#### HOW TO MEASURE

To measure a cupful or a spoonful of any dry ingredient, fill cup or spoon full, then level off the top with a knife, *without pressing*.

To measure fats, pack well down before levelling off, then measure.

Always sift flour once before measuring. I used a standard measuring cup, price 1/-, in aluminium, and standard measuring spoons, price 1/- per set, in aluminium, when compiling this table.

## TO FLAVOUR AND SEASON

### HERBS I USE

**BAY-LEAF.**—In stocks, soups, custard and milk puddings.

**BORAGE.**—In cups and drinks.

**CHERVIL.**—In salads, certain savoury dishes, and for garnishing salads.

**CHIVES.**—In salads and savoury dishes, such as omelettes, scrambled eggs, etc., and for garnishing.

**FENNEL.**—For chopping and adding to white sauce for serving with boiled and fried white fish, for garnishing fish.

**GARLIC.**—For rubbing over a salad bowl, adding to potato salad and other savoury dishes.

**MARJORAM.**—For adding to forcemeats, etc.

**MINT.**—For mint sauce, adding to green peas and new potatoes when cooking, and for sprinkling over green pea, split pea, and lentil soup.

**PARSLEY.**—For stock, and for adding to white sauce, when required, for sprinkling over any savoury dish as a garnish, for adding to omelettes, making parsley and maître d'hôtel butter, etc.

**SAGE.**—For adding to stuffing for ducks, geese, pork, etc.

**SHALLOT.**—For using in place of onion when a delicate flavour of onion is wanted.

**TARRAGON.**—For adding to salads, savoury omelettes, mayonnaise, cold sauces like sauce tartare, and for making tarragon vinegar.

**NOTE.**—When you cannot buy fresh herbs, or when you have not a garden to grow them in, buy them dried, but keep bottles closely corked.



1—If you get fish straight from the docks, you can have both fresh and smoked in one bundle.

2—Stuffed breast of veal gives you a delicious roast as well as bones for stock making



3—Rolled ribs of beef an economical and succulent joint

4—A thick cutlet of venison can be roasted or sliced and fried, or grilled, or made into meat cakes





1—A lot of modern kitchen preparing and cooking for the deep and shallow fryers.

2—Taking the "guess" out of cooking—accurate scales, measures and thermometers will prevent failures in the kitchen.

2

3—The cupboard should always be well stocked with spices and flavourings.



4—Ready to prepare a meringue pie—the utensils for making pastry and any fancy filling.

IN THE UP-TO-DATE KITCHEN.

## MY SEASONING TRAY

Herbs,	Tobasco Sauce
Salt	Bottle of Worcester Sauce
Pepper (Black and White)	Bottle of Yorkshire Relish.
Bottle of Caramel	Black and White Peppercorns
Celery Salt	Horseradish (grated)
Tomato Catsup	Garlic seasoning
Onion seasoning	Cayenne Pepper
Paprika	Bay-leaves
	Capers

## MY SPICE BOX

Allspice	Mixed Spice
Cloves	Cinnamon
Mace	Mignonette Pepper
Ground Ginger	Nutmegs
Carraway Seeds	Gravy Spice
	Curry Powder

## HOME-MADE GRAVY SPICE

$\frac{1}{4}$ lb. Black Pepper.	2 oz. Ground Ginger.
6 oz. Dry Salt.	2 oz. Grated Nutmeg.
$\frac{1}{4}$ oz. Ground Cloves.	1 oz. Ground Cinnamon.

Mix ingredients well together, then rub them twice through a fine sieve. Store in small, tightly corked jars. Allow  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon of spice to about  $\frac{3}{4}$  pint of gravy.

## FLAVOURINGS

Almond	Violet
Vanilla	Noyseau, etc.
Orange	Pineapple
Lemon	Peppermint
Strawberry	Orange Flower Water
Raspberry	Honeysuckle
Rose Water	Maraschino, etc.

1. Vanilla is the best flavouring to use for egg or milk puddings, and cakes containing walnuts, as well as for cream for decorating any sweets.

2. Equal quantity of lemon and vanilla is a good flavouring for sponge sandwiches.

3. Equal quantity of almond, vanilla and lemon, is a good flavouring for ice cream, or iced puddings.



# BREAKFAST DISHES

**M**ANY there are who wouldn't say "thank you" for a change in breakfast fare. Bacon and eggs, they will tell you, is the ideal breakfast all the year round. But there is bacon and eggs *and* bacon and eggs. Sometimes the bacon can be fried. Again, it can be grilled. You can offer back, or gammon, or streaky rashers. When tired of smoked bacon, you can have green. When tired of Wiltshire or Irish, try Danish.

Besides frying and grilling bacon, I sometimes cut thin rashers in halves, roll each half up, run them on a skewer, and either grill or bake them in the oven, and serve them as a garnish to fried, poached, steamed or scrambled eggs. Once in a while, I serve the eggs in the shape of a savoury custard, and when it is nearly cooked, I cover it with rashers of bacon, and crisp them under the grill.

**TO GRILL BACON.**—Remove rind, place on the bars of the grill, and set in position under the grill, which should be red hot. When crisp on one side, turn and crisp on the other. Allow  $2\frac{1}{2}$  minutes on each side.

**TO STEAM EGGS.**—Butter the cups in an egg steamer, sprinkle each with pepper and salt, and then slip an egg into each cup. Sprinkle tops with pepper and salt. Place back in the steamer, with water boiling below. Cover and cook for 2 or 3 minutes, until eggs are set. Gently remove eggs and place each one on a round or square of buttered toast, or of fried bread. Sprinkle lightly with paprika. If a more substantial dish is wanted, spread bread or toast with a fish paste or with chopped fried bacon, or with creamed Finnan haddock before arranging eggs on top.

**TO SCRAMBLE EGGS.**—Allow one tablespoon of milk and one teaspoon butter to each egg. Melt butter in a saucepan, add beaten egg diluted with milk, and season to taste. Stir constantly over a slow heat until thick enough to pile up on rounds or squares of buttered toast or fried bread with crusts removed. Sprinkle, if liked, with minced chives, parsley or paprika.

**TO VARY SCRAMBLED EGGS.**—(1) Allow for every three eggs two slices of bacon, fried or grilled till crisp, cut into dice and stirred into eggs just when they start to thicken.

(2) Two tablespoons of minced, cooked mushrooms added as in 1. (8) Stewed well-seasoned chopped tomatoes used instead of milk, or (4) 1 tablespoon minced pimento.

**TO POACH EGGS.**—Fill a stewpan three-quarters full of boiling water, allowing to each quart a teaspoon of salt. Break each egg in turn gently into a saucer, and then slip carefully into the boiling water. Cook till eggs are set, then remove gently with a perforated spoon on to prepared toast or fried bread. *But it is always much easier to steam eggs than to poach them.*

**TO FRY EGGS.**—Heat bacon or ham fat, butter or dripping, then slip into fat one egg at a time, taking care not to break the yolk. When white begins to set, place a cover on top of the eggs and cook gently till tops are set, then arrange on rounds of fried bread on a hot dish with fried or grilled bacon round.

**TO VARY EGGS AND BACON.**—Garnish bacon and eggs with slices of fried apple, banana or tomato, or potatoes or with fried mushrooms. Grilled gammon and fried pineapple is another good combination.

**TO FRY BACON.**—Remove rind and any bone from rashers, then place rashers in a hot frying pan, and fry, first on one side then on the other, till fat is clear. Remove to a hot dish and keep hot while you fry the eggs, breaking each egg into a cup before frying to make sure it is fresh. If there is not enough fat to fry eggs after removing bacon, add a little more bacon or ham fat, or dripping, and make it smoking hot before adding the eggs. Fry on one side or both sides as preferred. Allow three rashers of bacon and one egg per person.

**TO FRY SAUSAGES.**—Allow 1 oz. dripping or ham fat to every 6 sausages. Prick sausages to prevent them bursting. When fat is smoking hot, add sausages and fry for about 10 minutes, turning them occasionally. Serve on a hot dish, garnish with fried sliced tomatoes, fried apple slices or fried mushrooms.

**SAVOURY OMELETTE.**—Take three eggs, beat them slightly in a basin. Stir in  $\frac{3}{4}$  teaspoon minced parsley and  $\frac{1}{2}$  teaspoon crushed mixed herbs, or minced chives, then season to taste with pepper and salt. Melt  $\frac{3}{4}$  oz. butter in a frying pan kept for omelettes, add mixture and stir lightly over a strong heat for a few minutes, or leave till set before you start to stir. This is a matter of taste. If you leave to set before stirring,

then lift the sides here and there with a palette knife to allow the running mixture to run underneath and set. When top is almost set fold in two, and serve immediately on a hot dish, or hold omelette under the grill for a few moments to set the top.

**TO VARY SAVOURY OMELETTE.**—(1) Add  $1\frac{1}{2}$  tablespoons of boiled ham to egg mixture. (2) Add a skinned sheep's kidney, cut into small pieces and fried in butter and seasoned to taste, to eggs before cooking. (3) Add 2 oz. peeled, chopped, fried mushrooms, fried in butter, to egg mixture before cooking. (4) Place 2 tablespoons creamed chicken and mushrooms in centre when cooked, and fold over.

### SAUSAGE SCRAMBLE

8 <i>Midget Sausages.</i>	3 <i>tablespoons Milk.</i>
1 <i>Egg.</i> 2 <i>Egg Yolks.</i>	$\frac{1}{2}$ <i>teaspoon Chopped Parsley.</i>
2 <i>oz. Butter.</i>	<i>Paprika, Pepper and Salt.</i>

*For 4 persons.*—Bring sausages to the boil in a saucepan. Skin and mash them with beaten egg and yolks, milk, parsley, paprika, pepper and salt. Serve on squares or rounds of buttered toast or fried bread.

### HUSSAR FISH CAKES

$\frac{1}{2}$ <i>lb. Cooked Fish.</i>	$\frac{1}{2}$ <i>oz. Butter.</i>
1 <i>teaspoon Tomato Catsup.</i>	$\frac{1}{2}$ <i>lb. Boiled Potatoes.</i>
1 <i>teaspoon Minced Parsley.</i>	

*For 4 persons.*—Flake fish and mix with parsley and catsup. Mash potatoes. Stir in butter and hot milk to taste, then fish. Turn on to a lightly floured board, shape with lightly floured hands into 4 or 5 equal-sized fish cakes, melt a large walnut of baking fat or dripping in a frying pan, and when smoking hot, fry cakes till light brown on one side and then fry on the other. Serve on a hot dish, garnished with fried parsley and place a grilled roll of bacon on top of each.

### WILTSHIRE HAM CAKES

1 <i>lb. Minced Ham.</i>	1 <i>Egg.</i> $\frac{1}{2}$ <i>lb. Minced Pork.</i>
1 <i>cup Breadcrumbs.</i>	$\frac{1}{2}$ <i>teaspoon Paprika.</i>

*For 6 persons.*—Put ham and pork through a mincer, mix with breadcrumbs and paprika, and, if liked, a little minced parsley. Moisten with egg, and form with floured hands into flat cakes  $\frac{3}{4}$  inch thick. Melt a little dripping in a frying pan and when smoking hot cook quickly on each

side for 2 minutes to brown the surface. Reduce the heat and cook more slowly for 6 or 7 minutes. Sometimes I cover the cakes and let them cook a little longer. This keeps them moist. Serve with a poached egg on top of each, and garnishes of pimiento between.

### HAM SCRAMBLE

6 Eggs.	$\frac{1}{2}$ cup Milk.
3 tablespoons Butter.	3 tablespoons Minced, Cooked Ham.

*For 4 to 6 persons.*—Beat eggs slightly, add ham, season to taste, then put milk and butter into a saucepan, and heat slightly. Gradually stir in the egg mixture and cook, stirring constantly until just set. Serve on squares of hot buttered toast.

### HAM GIRDLE CAKES

3 cups Flour.	3 teaspoons Baking Powder.
1 Egg. Salt.	2 cups Milk.
2 tablespoons Melted Butter.	$\frac{1}{2}$ cup Minced Boiled Ham.

*For 6 to 8 persons.*—Sift flour, baking powder, and a pinch of salt into a basin. Add milk to lightly beaten egg. Stir into the dry ingredients. Beat in the melted butter and ham. Rub hot girdle over with a piece of bacon rind. The fat should frizzle loudly if girdle is hot enough. Cook mixture in tablespoonfuls, turning cakes when they are brown beneath and full of bubbles on top. Serve on a hot dish. Garnish fried sliced tomatoes.

TO MAKE SAUSAGE GIRDLE CAKES.—Substitute 2 large cooked chopped pork sausages for the ham.

### CURRIED PRAWNS

1 $\frac{1}{2}$ pints Prawns.	1 oz. Butter.
6 oz. Rice.	1 $\frac{1}{2}$ gills Milk.
$\frac{1}{2}$ oz. Flour.	1 dessertspoon Lemon Juice.
1 Apple. $\frac{1}{2}$ gill Stock.	1 tablespoon Minced Onion.
Salt. Pepper.	1 dessertspoon Curry Powder.

*For 4 to 6 persons.*—Melt butter in a saucepan, add sliced onion, and fry for 2 or 3 minutes, then stir in peeled sliced apple, curry powder and flour. Stir while mixture boils for 2 minutes, then gradually thin down with milk, and stir till sauce is smooth and boiling. Cover and simmer  $\frac{1}{2}$  an hour. Season to taste, add prawns, and when hot, stir in lemon juice and a little cream if you have it. Serve on a hot dish surrounded with boiled rice.

## GRILLED KIDNEYS

4 *Sheep's Kidneys.**Pepper and Salt to taste.*1 *tablespoon Melted Butter**Maître d'Hôtel Butter.*

*For 4 persons.*—Split kidneys in two, without halving, cutting from the rounded side. Skin and remove any fat. Run kidneys on a skewer, keeping them flat open. Dip in melted butter. Grill for 4 or 5 minutes. Serve with a pat of maître d'hôtel in centre of each. Garnish with watercress round, and potato straws in the centre, if the kidneys are served on one dish. Sometimes this dish is called *Kidneys à la Maître d'Hôtel*.

## CORN FRITTERS AND FRIED BACON

12 *rashers Bacon.*2 *teaspoons Salt.*1 *teaspoon Baking Powder.*1 *tablespoon Minced Parsley.*1 *small tin Sweet Corn.* $\frac{1}{2}$  *cupful Flour.* $\frac{1}{2}$  *teaspoon Paprika.*2 *Eggs. Frying fat.*

*For 6 persons.*—Drain corn into a basin. Stir in flour, sifted with baking powder, salt and paprika. Add finely chopped parsley, and half a teaspoon crushed herbs, if liked. Beat eggs well and stir into mixture. Have ready some boiling fat in a frying pan, and when blue smoke rises, drop batter in dessertspoonfuls into the fat. Fry till crisp and golden, drain on kitchen paper, and serve at once, piled up on a hot dish, lined with a lace paper d'oyley, and garnished with grilled rolls of bacon. Corn fritters can also be served with fried pork sausages, fried chicken, and a mixed grill.

## BREAKFAST DISHES GIVEN ELSEWHERE

Fried and Grilled Flounders (see page 118). Fried, Grilled and Pickled Herrings (see page 121). Fried Mackerel (see page 122). Highland Trout (see page 127). Baked Smoked Haddock (see page 132). Creamed Finnan Haddock (see page 131). Grilled Kippers (see page 131). Fish Cakes (see page 137). Kedgeree (see page 138). Fried Cod's Roe and Bacon (see page 117).

# SAUCES, SWEET AND SAVOURY

**N**O matter how good a dish is, if the gravy or sauce is badly made the course is spoilt. There is no secret about making sauce. When required for coating, it should be thick enough to cling to the back of a spoon. When required for pouring round a dish, it should be of a flowing mixture. If you want to be a successful sauce-maker, learn to make white, béchamel, brown and tomato sauce. Once you have mastered these four sauces, of which the French chef has always some in stock, it is easy to learn to make many others. For the four mentioned are the basis of quite a number of sauces.

## RULES FOR SAUCE MAKING

1. To make a simple sauce, you need only a wooden spoon and a thick saucepan or a double boiler. To make a more elaborate sauce, you need as well either a pointed strainer, a hair sieve, or a tammy cloth.

2. To keep sauce warm for some time, place saucepan in a bain-marie, a large pan of hot water in which smaller covered saucepans can be placed to keep hot.

3. Remember that only by long slow cooking can you get a perfect hot sauce.

4. To make a sauce of average thickness, allow two level tablespoons each of butter and flour to  $\frac{1}{2}$  pint of liquid.

5. To make a good BROWN SAUCE, melt butter, add flour and brown well before stirring in liquid. Use a little more flour for brown sauce than for others, as browning flour reduces its thickening property.

## GRAVY

There are two ways of making a simple gravy. One is to drain off all the fat from the baking tin, add water, salt and pepper to taste to the meat essence that remains, boil for two or three minutes then strain into a hot sauce boat.

This gravy is enriched if you use stock in place of water. If any fat remains on gravy after boiling, skim before pouring into the sauce boat. The second method is to add a dessertspoon of flour after draining off the fat, and stir it over the fire until brown, then draw pan to the side of fire and stir in half a pint of water or stock. Return pan to fire, stir till boiling, season to taste, simmer 5 minutes, then pour into a hot sauce boat.

NOTE.—It is usual to thicken gravy for roast game and veal. Sour cream, or a little fresh cream can be used for thickening on special occasions.

### ECONOMICAL STOCK FOR GRAVY

1 lb. or more of Bones.	Any morsels of Bacon or a Ham Bone.	1 Carrot.
1 large Onion.		
10 Peppercorns.	3 Cloves.	1 cup Water.
1 tablespoon Fat.	1 sprig of Parsley and Thyme.	

Chop bones finely. Neck of mutton bones or scraps left over from Irish stew or cutlets can be added too. Place all ingredients in a saucepan, after peeling and slicing onion and scraping and slicing carrot. Stir occasionally till the water is absorbed, and the bottom of saucepan commences to brown, then add enough water entirely to cover all ingredients. Bring to the boil, skim, cover, simmer for 4 hours, remove fat and strain.

NOTE.—(1) If a richer gravy stock is wanted add one or two pounds of shin of beef, cut into small pieces, to the ingredients. If a delicate white sauce is wanted only veal or chicken bones (veal only, if wanted rich) should be used in stock. Do not salt stock, as you may want it for different kinds of sauces.

(2) To make MEAT JELLY, salt stock to taste, and pour into a wet dish to set. Use for garnishing cold meats.

(3) It is not necessary to make special stock for gravy, if you always remember to use any brown stock you happen to have for brown gravy when there is not meat essence, such as should be left in a baking tin after baking game or red meat, and white stock when there is none after baking veal or poultry.

### SEASONINGS FOR GRAVY

Gravy spice (see page 35). Yorkshire relish, onion, garlic, and celery salt, tobasco, tomato catsup, Chilli sauce, walnut and mushroom catsup.

## THICKENINGS FOR SAUCES

Bind or thicken with (1) egg yolks, (2) roux (see page 29), (3) arrowroot, cornflour, potato or rice flour, (4) butter and cream, (5) butter and flour rubbed together.

**TO THICKEN WITH EGG YOLKS.**—Beat yolks with a little cream or milk, then stir into them a spoonful of the boiling sauce very gradually. Mix well, then stir this mixture into the sauce. Best thickened in a double boiler, over hot water. On no account allow sauce to boil after yolks are added, or it may curdle.

**TO THICKEN GRAVY WITH ARROWROOT, ETC.**—Dissolve in a little cold water, milk or stock. Strain into boiling sauce. Stir till boiling, then simmer for 10 minutes.

**TO THICKEN WITH ROUX.**—Pour cold or hot sauce gradually on to the roux, and stir well over a low heat till boiling. If you make roux specially for the sauce, melting the butter, then stirring in the flour, (until it has become pale fawn, if you want a blond mixture, bright brown if you want a brown mixture, and keeping it white if you want a white sauce), *you must add the hot liquid to it away from the fire, then stir sauce over the fire until boiling.*

**TO THICKEN WITH BUTTER AND CREAM.**—When sauce is required, have ready equal proportions of butter and cream, and stir small pieces of butter and a little cream alternately into the sauce. Be sure to beat in each addition of butter or cream before adding the next. Sauce must not boil after this thickening is added or the butter may oil.

**TO THICKEN WITH BUTTER AND FLOUR.**—Knead butter and flour together with a wooden spoon or with your fingers to a soft paste, then stir in a little bit of the mixture at a time into the hot sauce. Keep stirring until each bit is added before adding the next.

## FOUNDATION SAUCES

## CREAM SAUCE (BÉCHAMEL)

1 small Onion.

2 oz. Butter.

2 tablespoons Flour.

$\frac{1}{2}$  Bay-leaf.

Yolk of 1 egg.

1 small Carrot.

1 oz. Lean Ham.

1 sprig Thyme and Parsley.

Salt and Pepper to taste.

Milk or White Stock.

Melt butter in a saucepan. Stir in chopped onion, carrot and ham. Cook, stirring frequently, for 2 or 3 minutes, then



add flour and stir well. Moisten with equal quantity of milk and white stock, till you get a very thin sauce, then add herbs and cook for 20 minutes till sauce thickens a little, then add the yolk of 1 egg and 1 oz. of fresh butter in the way described under "to thicken with butter and egg yolks." If not thick enough, add another egg yolk. Pass through a fine sieve before using.

### BROWN SAUCE

1 oz. <i>Flour.</i>	1 oz. <i>Butter or Margarine.</i>
$\frac{1}{2}$ pint <i>Water or Stock.</i>	1 blade <i>Mace.</i> $\frac{1}{2}$ Bay-leaf.
$\frac{1}{2}$ Turnip.	1 Carrot. 1 Onion.
1 sprig <i>Parsley.</i>	$\frac{1}{2}$ teaspoon <i>Salt.</i>
2 stalks <i>Celery if you have it.</i>	10 <i>Peppercorns.</i>

Melt butter in a saucepan. Stir in peeled and sliced onion and cook till brown, then stir in the flour and brown it too. Draw pan to side of fire and stir in stock gradually. Return pan to fire and stir till boiling. Simmer 5 minutes, skim, and add vegetables, washed, peeled and chopped, flavourings, herbs and seasonings. Simmer for 30 minutes, strain and re-heat before using.

**TO MAKE A PLAIN BROWN SAUCE.**—Melt 2 tablespoons butter in a saucepan. Stir in 3 tablespoons flour and when brown, stir in 1 cup stock. Keep stirring till boiling, then season and simmer for 5 minutes before using.

### WHITE SAUCE (THIN)

1 oz. <i>Butter.</i>	1 oz. <i>Flour.</i>
$\frac{1}{2}$ pint <i>Milk, Boiling.</i>	<i>Pepper and Salt.</i>

Use for pouring over boiled vegetables.

### WHITE SAUCE (MEDIUM)

1 oz. <i>Butter.</i>	$1\frac{1}{2}$ oz. <i>Flour.</i>
$\frac{1}{2}$ pint <i>Milk, Boiling.</i>	<i>Pepper and Salt.</i>

Use when a white sauce is wanted to accompany any made up dish, such as to serve with a fish mousse, or when you want a basis for anchovy, caper, egg, or parsley sauce, etc.

### WHITE SAUCE (THICK)

2 oz. <i>Butter.</i>	2 oz. <i>Flour.</i>
$\frac{1}{2}$ pint <i>Milk, Boiling.</i>	<i>Pepper and Salt to taste.</i>

Use as a foundation for croquettes, soufflés, etc., or when the recipe calls for a thick white sauce.

## METHOD FOR WHITE SAUCES

Melt butter in an enamel pan, or in the top pan of a double boiler, containing boiling water in lower pan. When melted, stir in flour with a wooden spoon until mixture thickens, then add a little of the milk at a time until the sauce is thick and creamy. Stir constantly till sauce is boiling, season to taste, simmer 2 minutes stirring constantly.

NOTE.—If you have not taken great care with this and the sauce has lumped at all, strain it and add a small pat of butter before serving.

## SAVOURY SAUCES, HOT AND COLD

## ANCHOVY SAUCE

For every  $\frac{1}{2}$  pint of sauce required, stir 2 teaspoons anchovy sauce into  $\frac{1}{2}$  pint of medium white sauce. Serve with fish.

NOTE.—This sauce can be made more delicate by stirring in  $\frac{1}{2}$  teaspoon lemon juice, a few grains cayenne and  $\frac{1}{2}$  gill cream, with anchovy. A teaspoon essence of anchovy can be substituted for the anchovy sauce. Colour with 4 drops carmine.

## CAPER SAUCE

For every  $\frac{1}{2}$  pint of sauce required, add two dessertspoons capers to  $\frac{1}{2}$  pint medium white sauce or cream sauce. Serve with boiled mutton.

NOTE.—Sauce has more flavour if you make it with 1 gill of liquid in which mutton has been boiled and 1 gill milk. Add a few drops of the liquor from the capers, or a dessertspoon vinegar.

## WHITE CELERY SAUCE

For every  $\frac{1}{2}$  pint of sauce required, scrape and boil 3 sticks of celery in salted water or white stock until tender. Rub through a sieve and stir into  $\frac{1}{2}$  pint medium white sauce. Serve with boiled pheasant or turkey.

NOTE.—If a stronger flavour of celery is wanted use twice as much. If a richer, stir in  $\frac{1}{2}$  gill cream and make hot but *do not boil* before serving.

## EGG SAUCE

For every  $\frac{1}{2}$  pint of sauce required, add 2 chopped hard-boiled eggs to  $\frac{1}{2}$  pint thin white sauce, then stir in  $\frac{1}{2}$  teaspoon

lemon juice. Re-season to taste. Serve with salt fish or fresh boiled or steamed fish.

NOTE.—If a richer sauce is wanted, add one tablespoon cream just before serving. Sometimes I add 1 teaspoon minced chives, fennel, or parsley as well.

### ONION SAUCE

For every  $\frac{1}{2}$  pint of sauce required, peel, halve and place 8 small onions in a saucepan. Simmer till tender, then strain and chop finely, then add to  $\frac{1}{2}$  pint medium white sauce. Re-season to taste. Serve with boiled rabbit, boiled or roast mutton, or with hot boiled silverside.

NOTE.—To enrich, stir in 2 tablespoons of cream before serving, and add a grating of nutmeg.

### PARSLEY SAUCE

For every  $\frac{1}{2}$  pint of sauce required, add 1 tablespoon of washed, dried, finely minced, washed and drained parsley to  $\frac{1}{2}$  pint medium white sauce. Serve with boiled fish and mutton.

NOTE.—If a savoury sauce is wanted, use half the liquor in which the meat has been boiled in place of half the milk in making the white sauce, when wanted to accompany boiled mutton, veal, calf's head or fowl. Use half fish stock instead of half the milk, when making parsley sauce for fish. To enrich, stir in two tablespoons thick cream.

### TOMATO SAUCE

6 medium Tomatoes.	$\frac{1}{2}$ Bay-leaf.
1 oz. Flour.	$1\frac{1}{2}$ oz. Butter.
$\frac{1}{2}$ teaspoon Salt.	$\frac{1}{2}$ pint Stock.
— small Onion.	

Melt half the butter in a saucepan. Fry sliced onion till golden. Stir in stalked sliced tomatoes and stock. Cover and simmer till tomatoes are soft, then rub through a wire sieve and return to rinsed out saucepan. Melt remainder of butter in another saucepan, then add tomato stock and season to taste. Stir till boiling. Serve with chops, etc.

NOTE.—If wanted more savoury, cook 1 oz. chopped bacon with the tomatoes; if wanted richer, add  $\frac{1}{2}$  gill hot cream before serving.

## BREAD SAUCE

$\frac{1}{2}$ pint Milk.	$\frac{1}{2}$ small Onion.
$\frac{1}{2}$ oz. Butter.	1 Clove.
1 blade Mace.	2 oz. Breadcrumbs.
Pepper and Salt to taste.	

Pour the milk into a double boiler, add the onion stuck with the clove, then bring slowly to the boil. Add mace and breadcrumbs, then cover and stand in a hot place without boiling for 20 minutes, then remove onion, clove and mace and add butter and seasoning to taste. Stir thoroughly over the fire and when piping hot add, if liked, 1 tablespoon of cream. Serve with roast chicken, turkey or game.

## BROWN CELERY SAUCE

1 pint Brown Sauce.	3 small sticks Celery.
$\frac{1}{2}$ Onion.	2 Cloves.
1 blade Mace.	1 sprig Thyme.
$1\frac{1}{2}$ oz. Flour.	$\frac{1}{2}$ teaspoon Yorkshire Relish.
2 oz. Butter.	1 teaspoon Anchovy Essence.

Turn celery, stock, onion, thyme, cloves and mace into a saucepan. Cover and simmer till celery is soft, then rub through a sieve. Melt butter in the saucepan, stir in flour and when thick, gradually stir in celery puree. Stir till boiling, then boil 3 minutes, then add anchovy essence and Yorkshire relish. Serve as a fricassée sauce with chicken, guinea fowl or turkey, or with boiled turkey.

NOTE.—If wanted more savoury add,  $\frac{1}{2}$  glass sherry.

## WHITE BUTTER SAUCE

Butter.	2 dessertspoons Vinegar.
1 Shallot or small Onion.	

Peel onion or shallot and chop it finely. Place in a saucepan with the vinegar and cook very slowly until nearly all the vinegar has evaporated, then add butter, a small bit at a time, stirring continually, till the sauce is thick. Serve at once with fish.

## BLACK BUTTER SAUCE

2 oz. Butter.	2 tablespoons Vinegar.
Salt and Pepper to taste.	

Melt the butter in a frying pan until dark brown, and then cool. Boil the vinegar with pepper and salt till reduced to 1 tablespoonful. Stir these into the butter. Re-heat. Serve poured over grilled mackerel or other grilled or fried fish.

**MELTED BUTTER**

$\frac{1}{2}$  lb. *Fresh Butter.* | *Juice of  $\frac{1}{2}$  Lemon.*  
*Salt and Pepper to taste.*

Melt butter in a saucepan, on no account let butter boil. Stir in lemon juice and salt and pepper to taste. Pour over boiled cod or other fish and serve accompanied by boiled potatoes. Can also be served with asparagus, globe artichokes and seakale.

**PARSLEY BUTTER**

3 oz. *Butter.* | 1 *teaspoon Chopped Parsley.*  
*Juice of  $\frac{1}{2}$  Lemon.* | *Salt to taste.*

Soften butter on a plate with a wooden spoon, then stir in gradually the remaining ingredients. Serve with grilled steaks, kidneys, fish, etc.

**BUTTER SAUCE**

$1\frac{1}{2}$  oz. *Butter.* |  $1\frac{1}{2}$  oz. *Flour.*  
*Juice of  $\frac{1}{2}$  Lemon.* | 1 *pint Water, Boiling.*

Melt the butter in a saucepan. Stir in the flour and when thick remove pan from fire and stir in water by degrees. Season to taste. Return saucepan to fire and whisk sauce till it comes to the boil. If too thin, knead a walnut of butter with a teaspoon of flour then beat in a tiny piece of it at a time. Simmer for a moment or two. Season with salt, a grating or two of nutmeg, and juice of half a lemon. Stir quickly over the fire for 5 minutes, but do not boil.

**PARSLEY BUTTER SAUCE**

1 *pint Butter Sauce.* | 3 oz. *Parsley Butter.*

When butter sauce is ready to serve, add parsley butter bit by bit. Serve with boiled or steamed fish.

**SIMPLE DUTCH SAUCE**

1 oz. *Butter.* |  $\frac{1}{2}$  *pint Water or White Stock.*  
 2 *Egg Yolks.* |  $\frac{1}{2}$  oz. *Flour.*  
*Salt, Pepper and Lemon Juice to taste.*

Melt the butter in a saucepan. Stir in the flour, then the water and boil 3 minutes. Remove saucepan from fire, and beat in egg yolks. Season to taste with lemon juice, salt and pepper. Serve with boiled fish, artichokes, asparagus, etc.

NOTE.—To make a richer Dutch sauce, pour 2 tablespoons French wine-vinegar into a saucepan. Add a peeled and

chopped shallot, 1 bay-leaf, 4 crushed white peppercorns and reduce to half its quantity. Stir in 1 gill of white or cream sauce, then 2 yolks of eggs. Strain into another saucepan. Re-heat. Add 1 teaspoon lemon juice and 2 oz. butter bit by bit. Best made in a double boiler. Re-heat very carefully to avoid sauce curdling.

### CHEESE SAUCE

<i>1 cup Thin Cream or White Sauce.</i>	<i>1 Egg Yolk.</i>
<i>Grated Cheese.</i>	<i>1 oz. Butter.</i>
	<i>Pepper and Salt.</i>

Beat egg yolk. Pour it into a double boiler. Heat slowly and stir into it the cream or white sauce, a little at a time. Cook for one minute after mixing well, then add 1 tablespoon grated cheese, butter, pepper and salt, and mix well. Serve with sole, turbot, etc. If liked,  $\frac{1}{4}$  or  $\frac{1}{2}$  a teaspoon of made mustard can be added to the egg yolk.

### MINT SAUCE

<i>4 tablespoons Finely Chopped Mint.</i>	<i>2 tablespoons Brown Sugar.</i>
	<i><math>\frac{1}{2}</math> pint White Vinegar.</i>

Wash and dry mint before chopping, then mix all ingredients together. Stand 2 or 3 hours and serve very cold, with roast lamb.

### HORSERADISH SAUCE, HOT

<i>3 tablespoons Butter.</i>	<i>1 <math>\frac{1}{2}</math> cups Milk.</i>
<i><math>\frac{1}{2}</math> teaspoon Salt.</i>	<i><math>\frac{1}{3}</math> cup Grated Horseradish.</i>
<i>3 tablespoons Breadcrumbs.</i>	

Cook horseradish, milk and crumbs in the top of a double boiler over boiling water for 20 minutes. Stir in salt and pepper to taste and butter, bit by bit. Serve with hot roast beef, boiled beef, salt beef, tongue or ham.

NOTE.—Sometimes I substitute stock for the milk. 2 tablespoons of flour for the crumbs, and make a sauce in the usual way after browning the flour. Then I add grated horseradish, vinegar, sugar and salt to taste just before serving.

### HORSERADISH SAUCE, COLD

<i>1 gill Cream.</i>	<i>1 stick Horseradish.</i>
<i>1 teaspoon Mixed Mustard.</i>	<i><math>\frac{1}{4}</math> teaspoon Salt.</i>
<i>1 Hard-boiled Egg.</i>	<i>3 tablespoons Vinegar.</i>
<i><math>\frac{1}{2}</math> teaspoon Castor Sugar.</i>	

Pound the yolk of the egg in a basin till smooth. Stir in

the finely grated horseradish and other ingredients. Mix well and serve with grilled or fried steaks or cold roast beef.

### SHRIMP SAUCE

1 pint Shrimps.	½ pint Fish Stock.
1½ oz. Butter.	½ pint Milk.
1 oz. Flour.	1 teaspoon Lemon Juice.
1 tablespoon Cream.	Pepper and Salt to taste.

Head and tail shrimps. Place them in a saucepan. Add stock or water. Cover and simmer gently 20 minutes, then strain. Meanwhile, melt butter in a saucepan. Stir in flour smoothly. Add stock and pepper, and anchovy essence, if liked. Stir till boiling, then add shrimps and milk, and boil 3 minutes. Stir in lemon juice, cream and a few drops of carmine. Serve with boiled or steamed fish.

### PORT WINE SAUCE

1 cup Brown Sauce.	2 tablespoons Port Wine.
¼ cup Red Currant Jelly.	

Omit onion from brown sauce when making it. Heat sauce to boiling point. Stir in jelly, and when dissolved add port wine and cayenne to taste. Serve piping hot with venison, venison chops, roast duck or wild fowl. —SHERRY SAUCE can be made in the same way, with RANT JELLY SAUCE omitting wine.

grating  
quickly

### BERNAISE SAUCE

1 egg yolk. 1 oz. Butter.	1 tablespoon White Vinegar.
Medium White Sauce.	2 teaspoons Tarragon Vinegar.
	Mustard, Pepper and Salt to taste.

Put the finely chopped shallots or onion, vinegars, When, pepper and salt to taste in a saucepan. Cover bit by bit by simmer for 15 minutes. Cool slightly, then stir in white cream or cream, the well-beaten yolks of 2 eggs, one at a time. Beat well. Stir over the fire till thick. On no account allow to boil. Stir in butter last of all, bit by bit. Serve with grilled and fried steaks or fish.

### MADEIRA SAUCE

½ pint Medium White Sauce.	1 wineglass Madeira.
1 wineglass Stock.	Salt and Pepper to taste.

Turn the sauce into saucepan. Stir in stock. Bring to the boil. Stir in Madeira by degrees and when piping hot season to taste and serve with hot ham or bacon.

## MUSTARD SAUCE

$\frac{1}{2}$  pint Medium White Sauce. | 1 dessertspoon Mustard.

## CHICKEN SAUCE

$\frac{1}{2}$  pint Cream Sauce. | 1 Egg Yolk.  
1 dessertspoon Vinegar.

Place the beaten yolk in a double saucepan, add a little cream sauce and heat gently, stirring constantly, over the boiling water. Then add more sauce, a little at a time, till the sauce you are making is quite thick. Stir in vinegar gradually. Cook for a few moments till creamy. Serve with any cold chicken dish or with a boiled vegetable.

## TARTARE SAUCE

$\frac{1}{2}$  pint Mayonnaise. | 2 teaspoons Lemon Juice.  
1 tablespoon Minced Olives. | 1 tablespoon Minced Capers.  
4 Spring Onions.

Mix the capers, minced onions and olives together with the mayonnaise, which should be very stiff. Stir in the lemon juice gradually before serving with boiled or steamed salmon or sea-trout.

## SUPRÊME SAUCE

$1\frac{1}{2}$  oz. Butter. | 1 oz. Flour.  
 $\frac{1}{2}$  pint White Stock. |  $\frac{1}{2}$  Lemon.  
1 doz. White Button Mushrooms. | Pepper and Salt to taste.

Melt butter in a saucepan. Stir in the flour. Add stock and stir till boiling, then add chopped mushrooms. Cook, stirring constantly, for a minute or two, then add lemon juice and strain sauce before serving.

## CHAUDFROID SAUCE (WHITE)

$\frac{1}{2}$  pint Supreme Sauce. |  $\frac{1}{2}$  gill Aspic Jelly.  
 $\frac{1}{2}$  gill Cream. | 1 dessertspoon Lemon Juice.  
 $\frac{1}{4}$  oz. Gelatine.

Heat the sauce and aspic jelly in separate saucepans, then mix together. Soak the gelatine till soft in cold water, then add with lemon juice to the sauce. Bring to the boil. Simmer for 3 minutes. Pass through a fine strainer. Stir in the cream and use as required.

CHAUDFROID SAUCE (BROWN).—Make by the same method, substituting Brown Sauce for Sauce Suprême.



## SPANISH SAUCE

2 oz. Bacon.	1 oz. Flour.
1 oz. Butter.	1 Carrot.
1 Onion. 2 Tomatoes.	$\frac{1}{2}$ pint Stock.
2 or 3 oz. Mushrooms.	2 tablespoons Sherry.

Fry the finely chopped bacon in the melted butter, then add the sliced carrot, onion, and mushrooms, and fry them until they start to brown. Stir in flour and simmer until the mixture is smooth and well browned, then add halved tomatoes, stock and sherry, and simmer for ten minutes. Strain, season to taste and use as required after re-heating.

## VELVET SAUCE

2 tablespoons Butter.	$\frac{1}{2}$ teaspoon Salt.
1 cup White Stock.	2 tablespoons Flour.
Pepper to taste.	

Follow method for white sauce.

## GERMAN SAUCE

Stir 1 teaspoon lemon juice and 1 egg yolk into Velvet Sauce.

## VINAIGRETTE SAUCE

2 tablespoons Tarragon Vinegar.	4 tablespoons Salad Oil.
$\frac{1}{2}$ teaspoon Chopped Shallot.	$\frac{1}{2}$ teaspoon Chopped Parsley.
Pepper and Salt to taste.	

Mix the parsley and salt with the salad oil. Season to taste, then stir in the vinegar, a little at a time. Mix well and serve with calf's head, cold asparagus, etc.

## SWEET SAUCES, COLD AND HOT

## APPLE SAUCE

1 lb. Tart Apples.	$\frac{1}{2}$ teaspoon Ground Nutmeg.
$\frac{1}{2}$ oz. Butter.	3 oz. Castor Sugar.
2 tablespoons Water, or Sherry.	

Peel, core, and slice the apples into a saucepan. Add the water, and cook gently until tender. Stir in the sugar, butter, and nutmeg. Pass all through a wire sieve. Re-heat and serve with roast duck, goose, or pork.

## JAM SAUCE

1 tablespoon Apricot Jam.	1 oz. Sugar.
1 $\frac{1}{2}$ gills Water.	2 tablespoons Sherry.
3 or 4 drops Carmine.	2 strips Lemon Rind.

Place water, jam, sugar, and lemon rind in a saucepan. Simmer 10 minutes, add the sherry, and strain. Stir in carmine and serve with a sponge pudding, or as directed.

### CHOCOLATE SAUCE

2 oz. Chocolate.		$\frac{1}{2}$ teaspoon Vanilla Essence.
$1\frac{1}{2}$ gills Milk. $\frac{1}{2}$ gill Cream.		2 teaspoons Sugar.

Bring the milk to the boil in a double boiler and stir in the grated chocolate. Simmer for 5 minutes. Add vanilla, sugar and whipped cream.

### CHOCOLATE SAUCE FOR ICE CREAM

$\frac{1}{2}$ cup Milk.		$\frac{1}{2}$ cup Cocoa Powder.
$1\frac{1}{2}$ tablespoons Flour.		$\frac{1}{2}$ cup Castor Sugar.
$\frac{1}{2}$ cup Cold Water.		$\frac{1}{2}$ teaspoon Vanilla Essence.
1 tablespoon Butter.		$\frac{1}{2}$ cup Boiling Water.

Stir the sugar into the boiling water. Dissolve, boil 3 minutes and add the milk. Rub the butter, cocoa and flour together with a wooden spoon. Add cold water and stir into the other mixture. Bring to the boiling point. Boil 3 minutes, stirring constantly. Add vanilla. Serve hot or cold.

### MARMALADE SAUCE

1 tablespoon Orange Marmalade.		1 oz. Castor Sugar.
Juice of $\frac{1}{2}$ a Lemon.		1 gill Water.
2 tablespoons Brandy.		

Place sugar, water, marmalade and lemon juice in a saucepan. Make piping hot. Add brandy. Serve with canary pudding or any sponge pudding.

### WHIPPED HONEY CREAM

1 cup Thick Cream.		$\frac{1}{2}$ cup Honey.
1 dessertspoon Lemon Juice.		

Stir honey and lemon juice gradually into cream while beating.

### CHOCOLATE WHIPPED CREAM

1 oz. Chocolate.		1 cup Thick Cream.
$\frac{1}{2}$ teaspoon Vanilla Essence.		$\frac{1}{2}$ cup Icing Sugar.

Stir melted chocolate, sugar, and vanilla into cream while whipping.

COFFEE WHIPPED CREAM.—Substitute  $\frac{1}{2}$  cup very strong chilled coffee for the chocolate in the last recipe.

**CUSTARD SAUCE** $\frac{1}{2}$  pint Milk.

3 Egg Yolks.

1 oz. Sugar.

Flavouring to taste.

Bring milk to boil in a saucepan. Cool a moment or two, then stir into the egg yolks. Stir till thick but not boiling. Stir in sugar and flavouring and serve with stewed or tinned fruit.

**STRAWBERRY SAUCE FOR ICE CREAM**

1 pint Strawberries.

 $\frac{3}{4}$  cup Castor Sugar. $\frac{1}{2}$  cup Water.

Dissolve sugar in water. Bring to the boil. Boil 10 minutes. Cool and when required to serve with lemon or vanilla ice cream, stir into the chilled and crushed berries.

**BUTTERSCOTCH SAUCE FOR ICE CREAM**

4 tablespoons Butter.

 $\frac{1}{2}$  cup Water.

1 cup Brown Sugar.

 $\frac{1}{2}$  tablespoon White Vinegar.

1 teaspoon Cornflour.

Boil all together in a saucepan, till the mixture forms a soft ball when tested in cold water. Pour hot over vanilla ice cream.

**CARAMEL SAUCE**1 $\frac{1}{2}$  cups Castor Sugar.

1 dessertspoon Butter.

1 tablespoon Cornflour.

 $\frac{1}{2}$  teaspoon Vanilla Essence.2 $\frac{1}{2}$  cups Boiling Water.

Melt the sugar in a small iron frying pan till a rich amber shade. Add the water and boil till the sugar is dissolved. Cream the butter and cornflour together and stir into the other mixture. When thick, add vanilla and a tiny pinch of salt. Use cold or hot.

**EIDERDOWN SAUCE**

2 Egg Whites.

2 tablespoons Brandy.

 $\frac{1}{2}$  oz. Castor Sugar. $\frac{1}{2}$  pint Milk Custard.

Make a custard sauce according to the custard sauce recipe, in the proportions of 2 egg yolks, 1 $\frac{1}{2}$  tablespoons castor sugar and  $\frac{1}{2}$  pint milk. When custard is thick, stir in stiffly frothed egg whites and brandy, and serve at once.

**MOCHA SAUCE FOR ICE CREAM.**

1 cup Left-over Coffee.

1 cup Castor Sugar.

1 tablespoon Butter.

 $\frac{1}{2}$  teaspoon Salt. $\frac{1}{2}$  teaspoon Vanilla Essence.

Boil butter, coffee, salt and sugar together for 5 minutes. Cool, add vanilla and serve.

### VANILLA SAUCE

1 oz. Butter.	2 oz. Flour.		$\frac{1}{2}$ cup Castor Sugar.
2 cups Boiling Water or Milk.			1 teaspoon Vanilla Essence.

Melt butter. Add flour. Stir till smooth. Add boiling water and sugar. Simmer till thoroughly cooked. Flavour and serve hot.

### HARD SAUCE

$\frac{1}{2}$ lb. Castor Sugar.		2 oz. Butter.
$\frac{1}{2}$ wineglass Brandy or Rum.		

Cream the butter. Beat in the sugar gradually, then the brandy or rum drop by drop. Pile in a small glass dish and chill before serving with Christmas pudding.

### NUN'S BUTTER

1 cup Icing Sugar.	3 tablespoons Butter.
2 tablespoons Thick Cream.	$\frac{1}{2}$ teaspoon Vanilla Essence.

Beat butter and sugar to a cream, then stir in the cream, a teaspoonful at a time. Last of all add the vanilla, and serve with chocolate or spiced, steamed or baked pudding.

# LUNCHEON AND SUPPER SNACKS

If you wish to cater economically, don't always buy food specially for lunch and supper unless you have a large number to cater for. Make your lunch or supper dish from any left-over scraps when you have them. Should you not have any scraps, you can prepare some simple savoury dishes with cheese, spaghetti, macaroni, eggs, etc. If you keep a well-stocked store cupboard, you should never have any difficulty about catering for luncheon or supper.

## HAM À LA KING

2 cups Boiled, Diced Ham.

1 Pimento. Toast.

2 Hard-boiled Eggs.

2 cups White Sauce.

1 cup Quartered Cooked

Mushrooms.

*For 4 persons.*—Slice eggs. Cut pimento in narrow strips. Heat medium white sauce (see page 44). Add pimento, mushrooms and ham. Also egg if not wanted for garnish. Serve on squares of lightly buttered toast, with crusts removed.

## ITALIAN SCRAMBLE

1 cup Milk.

6 Eggs. 6 Olives.

$\frac{1}{2}$  teaspoon Salt.

1 cup Boiled, Cut Vermicelli.

2 Pimentos.

1 heaped teaspoon Butter.

2 tablespoons Diced, Cooked Lean Ham or Bacon.

*For 6 persons.*—Melt butter in a saucepan. Fry bacon till ready. Add milk and vermicelli, and heat slowly. When beginning to simmer, add eggs, salt, chopped pimentos, chopped olives and pepper to taste. Stir till eggs are thick. Add parsley and serve on a hot dish.

## SHRIMP TOASTS

1½ lb. Cooked Shrimps.

$\frac{1}{2}$  teaspoon Salt.

2 tablespoons Sherry.

1 tablespoon Flour.

1 gill Milk.

1 oz. Butter.

1½ gills Cream.

Salt. Cayenne. Grated Nutmeg.

*For 8 persons.*—Pour milk and cream into the top of a double boiler. Add shrimps, sherry, and cook over boiling water for 15 minutes. Season to taste with salt, cayenne and grated nutmeg. Knead butter and flour together on a plate. Mix into cream of shrimps, little by little. Cook 3 minutes longer. Serve on squares of hot buttered toast.

## OMELETTE SOUFFLÉ, PALM BEACH

- |                     |                              |
|---------------------|------------------------------|
| 1 cup Cooked Rice.  | 1 tablespoon Minced Parsley. |
| 1 Minced Pimento.   | 4 Eggs.                      |
| 1 walnut of Butter. | Pepper. Salt. Paprika.       |

*For 3 persons.*—Mix rice, pimento and parsley together. Season with pepper, salt and paprika. Stir in beaten egg yolks. Stir in lightly frothed egg whites. Pour mixture into a well-buttered soufflé dish. Bake in a quick oven till puffy and pale gold.

## LOUISIANA CODFISH PIE

- |                      |                          |
|----------------------|--------------------------|
| 1 cup Tomato Sauce.  | 1 cup Prepared Salt Cod. |
| 2 Pimentoes. Butter. | 4 Potatoes. Breadcrumbs. |

*For 2 persons.*—Wash salt codfish in cold water. Shred, cover with lukewarm water and stand till soft, then drain. Place a layer of sliced cold boiled potatoes in a buttered fireproof dish. Cover with a layer of fish, then tinned pimentoes, cut in strips. Season with pepper. Repeat layers until all ingredients are used up. Pour over tomato sauce. Sprinkle thickly with dried breadcrumbs. Dab with pats of butter. Bake till crumbs are crisp.

## STUFFED ONIONS

- |                        |                                     |
|------------------------|-------------------------------------|
| 6 large Onions.        | $\frac{1}{2}$ cup Walnuts.          |
| 1 cup Breadcrumbs.     | $\frac{1}{2}$ teaspoon Celery Salt. |
| 1½ tablespoons Butter. | Milk, Salt, and Pepper.             |

*For 6 persons.*—Peel onions and cook in boiling salted water for about 45 minutes. Drain. Remove hard centres, and chop finely. Then mix with breadcrumbs, chopped walnuts, seasonings and fully  $\frac{1}{4}$  cup milk. Pile stuffing into onions. Divide butter between each. Bake in a buttered pan in a moderate oven till onion shell is tender and stuffing golden-brown.

## CREOLE RISOTTO

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 cup Rice.                 | 2½ cups Highly-seasoned Brown |
| 2 tinned Pimentoes.         | Stock.                        |
| 3 level tablespoons Butter. |                               |

*For 3 persons.*—Melt fat in a frying pan. Add rice. Stir constantly till well browned. Add boiling stock. Cook in a double boiler till soft. Turn out on a hot dish. Garnish with 2 pimentoes, and cover with Creole Sauce.

**CREOLE SAUCE.**—Cook 3 tablespoons butter, 2 tablespoons chopped onion, 1 tablespoon chopped pimento, 2 tablespoons green pepper and 4 tablespoons chopped mushrooms together

for 5 minutes. Stir in 2 tablespoons flour, 1 cup tinned tomatoes,  $\frac{1}{2}$  gill sherry and salt. Remove from fire and serve.

### OXFORD SCRAPPLE

6 *Pork Sausages.*  
 $\frac{1}{2}$  *teaspoon Pepper.*

1 *quart Minced Savoy.*  
*Salt if required.*

*For 6 persons.*—Cook savoy in boiling salted water till almost tender. Drain well. Prick sausages. Fry in a little hot fat till crisp and brown. Turn minced savoy into 3 tablespoons of hot fat. Cook 6 minutes. Arrange savoy in centre of a hot dish, group sausages round, and serve garnished with mashed potatoes.

### BANANA AND MEAT LOAF

1 $\frac{1}{2}$  *lb. Minced Meat.*  
1 *teaspoon Salt.*  
4 *large Bananas.*  
1 *cup Fresh Breadcrumbs.*

1 *well-beaten Egg.*  
1 *teaspoon Pepper.*  
*grated Onion.*  
 $\frac{1}{2}$  *cup Chopped Salt Pork.*

*For 6 persons.*—Mix beef with onion, salt, pepper, breadcrumbs, pork and egg. Shape into a loaf with lightly floured hands. Press into a buttered bread pan. Cook in a very hot oven till tender. Turn out, garnish with bananas, halved, cut crosswise, sprinkled with salt and pepper and baked or grilled till delicately browned.

### EGGS AU GRATIN

6 *Hard-boiled Eggs.*  
1 *tablespoon Butter.*

2 $\frac{1}{2}$  *cups White Sauce.*  
 $\frac{1}{2}$  *cup Dried Breadcrumbs.*  
 $\frac{1}{2}$  *cup Grated Cheese.*

*For 4 persons.*—Butter a baking dish. Put in the eggs, halved, and pour over the sauce (medium white sauce, see page 44) to which cheese has been added. Cover with crumbs and dab with melted butter. Bake gently in a moderate oven until brown. The mixture should not boil, as boiling over-cooks the eggs.

### LYONNAISE EGGS

6 *Eggs.*  
 $\frac{1}{2}$  *cup Breadcrumbs.*  
1 $\frac{1}{2}$  *cups Milk.*

1 *chopped Onion.*  
1 *tablespoon Flour.*  
2 *tablespoons Butter.*

*Salt and Pepper to taste.*

*For 4 persons.*—Cook the onion in butter for 10 minutes. Add flour and cook until the mixture is smooth, stirring constantly. Gradually pour in milk. Cook 3 minutes, still stirring. Season with pepper and salt and pour into a deep

hot baking dish. Carefully break into it the six eggs. Cover eggs with bread, or if liked, cream cracker crumbs can be used. Bake for about 10 minutes in a moderate oven, until the eggs are set. Serve with a green salad.

### FRIED EGGS WITH ANCHOVY BUTTER

<b>6 Fresh Eggs.</b>	<b>1 oz. Butter.</b>
<b>1 teaspoon Vinegar.</b>	<b>1 teaspoon Anchovy Essence.</b>
<b>Salt.</b>	<b>Pepper.</b>

Sprinkle each egg with pepper and salt. Fry in melted butter and arrange on a hot dish. Cook butter till light brown. Add vinegar and anchovy essence. Make piping hot. Pour over eggs. Serve garnished with parsley.

### SCOTCH EGGS

<b>10 oz. Sausage Meat.</b>	<b>6 Eggs.</b>
<b>1 oz. Breadcrumbs.</b>	<b>1 teaspoon Minced Onion.</b>
<b>Pepper and Salt.</b>	<b>2 tablespoons Hot Milk.</b>

*For 4 to 6 persons.*—Boil 5 of the eggs till hard, in about 10 minutes. Remove shells. Soak the breadcrumbs in the milk. Season to taste, add minced onion and yolk of remaining egg. Mix well with sausage meat. Divide mixture into 5 portions. Wrap a portion round each hard-boiled egg, covering it completely. Brush Scotch eggs with remaining egg white, slightly beaten, coat with breadcrumbs and fry in deep, smoking-hot fat till golden. Drain on paper and serve with mashed potato.

To VARY.—Use only  $\frac{1}{2}$  lb. sausage meat and add 2 oz. minced ham to sausage meat mixture.

### EGGS WITH BLACK BUTTER

<b>2 oz. Butter.</b>	<b>4 Eggs.</b>	<b><math>\frac{1}{2}</math> teaspoon Boiled Vinegar.</b>
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*For 2 to 4 persons.*—Put butter in a frying pan and heat till brown. Do not let butter burn. Break eggs into butter, one by one. Fry ; season to taste with pepper and salt, then arrange on a hot dish. Add vinegar to the fat in pan, then pour over eggs.

### EGGS WITH ARTICHOKE

<b>6 Eggs.</b>	<b>6 Artichoke Bottoms.</b>
<b>Parmesan Cheese.</b>	<b>Salt, Pepper, Butter.</b>

Boil artichokes as usual, then remove leaves and chokes. Scrape the edible part of the leaves with a silver knife.



Add pepper and salt to taste and mould into a paste with butter. Poach or steam the eggs and lay each one on an artichoke bottom, arranged in individual fireproof dishes. Spread paste over the eggs, sprinkle with Parmesan, dab with butter, re-heat in oven for a moment. Serve very hot.

NOTE.—Poached and steamed eggs can also be served on a bed of spinach, on mushroom toasts, or on buttered toast mashed with mushroom sauce.

### STUFFED EGGS

6 Eggs.	1 oz. Melted Butter.
1 oz. Grated Cheese.	$\frac{1}{2}$ pint White Sauce.
Brown Breadcrumbs.	Salt. Pepper. Nutmeg.

For 6 persons.—Boil eggs till hard, then cut them lengthwise. Remove and sieve yolks into a basin. Season with salt, pepper and grated nutmeg to taste. Stir in melted butter and cheese with a wooden spoon. Pile mixture into whites of eggs, shaping each filling like the yolk. Pour sauce into a shallow fireproof dish. Arrange eggs on top. Sprinkle each with crumbs and heat up in the oven before serving. Sometimes I make twice the quantity of sauce, flavour it with grated cheese to taste, and pour half of it over the eggs. After heating them in the oven I slip dish under the grill for a few minutes to brown.

NOTE.—See Omelette and Soufflé section for savoury omelettes which can also take the place of fish.

### CALF'S BRAIN FRITTERS

1 Set Calf's Brains.	$\frac{1}{2}$ cup Milk.
1 Egg. $\frac{1}{2}$ cup Flour.	$\frac{1}{2}$ teaspoon Salt. Flavourings.
1 level teaspoon Baking Powder.	

For 2 persons.—Clean brains. Place in a pan of boiling water. Add  $\frac{1}{2}$  teaspoon salt, 1 tablespoon lemon juice, 2 slices onion,  $\frac{1}{2}$  bay-leaf, and 3 cloves. Boil 20 minutes. Remove pan from fire, and stand in water till cold. Drain. Dry between towels and divide into pieces. Make a batter of the flour, baking powder, salt, pepper to taste, beaten egg and milk. When smooth, add brains, and drop mixture in spoonfuls into greased muffin rings, placed in a deep frying pan with a lavish supply of smoking hot fat. Cook on one side till well brown. Turn and cook on the other. Serve with highly seasoned tomato sauce, sharpened with lemon juice.

## SPANISH VEGETABLE MARROW

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 rasher Bacon. Milk.             | 1 medium-sized stubby Vegetable |
| 1 minced Pimento.                 | Marrow.                         |
| 1 dessertspoon Cream.             | 1 heaped dessertspoon Butter.   |
| 2 cups freshly grated Breadcrumbs | Pepper and Salt to taste.       |

*For 6 persons.*—Peel thinly, halve marrow crosswise, and scoop out soft centre. Mix together in a basin breadcrumbs, pimento and minced bacon. Rub in the butter. Mix in cream, pepper and salt to taste, and enough milk to make dressing moist. Stuff marrow, place cut ends together and tie with tape. Steam for about 2 hours till tender in a saucepan containing an inch of well-flavoured and seasoned stock. Place in a greased oval "au gratin" dish. Pour over stock, and bake in a moderate oven, basting occasionally till top turns golden.

## SPANISH SHRIMPS

- |                      |                             |
|----------------------|-----------------------------|
| 1 pint Shrimps.      | 1 tablespoon Flour.         |
| 1 tablespoon Butter. | 1 cup Hot Soup Stock.       |
| 1 tablespoon Cream.  | 1 tablespoon Tomato Catsup. |
| 2 Yolks of Eggs.     | 2 tablespoons Lemon Juice.  |
| Salt and Pepper.     | Grated Onion.               |

*For 4 persons.*—Melt butter in a saucepan. Add flour. Stir till frothy. Thin with soup stock. Mix in catsup, the yolks of egg, beaten with salt, cayenne and grated onion to taste, cream and lemon juice, in order given. Cook till smooth. Add shrimps. Place in buttered ramekins. Cover with dried breadcrumbs. Dab with tiny pats of butter. Bake 6 minutes.

## SPANISH MEAT LOAF

- |                              |  |
|------------------------------|--|
| 2 rashers Bacon.             | 1 cup Milk.                                  |
| $\frac{1}{2}$ teaspoon Salt. | $1\frac{1}{2}$ cups Cooked Rice.             |
| $\frac{1}{2}$ cup Water.     | 1 cup Stale Breadcrumbs.                     |
| 2 cups Cold Cooked Meat.     | $1\frac{1}{2}$ cups Stewed, Sieved Tomatoes. |
| 1 teaspoon Crushed Herbs.    | Pepper, Paprika and Celery Salt              |
|                              | to taste.                                    |

*For 6 persons.*—Put bacon and meat through a mincer. Add a teaspoon minced onion if liked. Mix in breadcrumbs, soaked in milk, herbs, salt, paprika, pepper, celery salt and water. Turn into a well-buttered square pan. Spread cooked rice over the meat. Pour tomato over. Dot with little bits of bacon fat or butter. Bake  $\frac{1}{2}$  hour in a moderate oven of 350° F. Serve with mashed potatoes.

## SPANISH RAREBIT

- |  |  |
|--|--|
| $\frac{1}{2}$ lb. Grated Cheese.       | 1 Pimento. Butter.                         |
| 2 Eggs. $\frac{1}{2}$ cup Cooked Peas. | 1 cup Strained Tomatoes.                   |
| 1 dessertspoon Minced, Spring Onions.  | $\frac{1}{2}$ cup Soft White Bread-crumbs. |

For 2 persons.—Melt a tablespoon of butter in a saucepan. Cook onions in it till soft. Stir in tomatoes, breadcrumbs, and chopped pimento. When crumbs are quite soft add eggs, beaten with a tablespoon of milk, very gradually, then peas. Season with pepper, salt and paprika to taste, and stir till thick. Serve on buttered toast or fried bread.

## CHINATOWN MACARONI

- |                                 |                        |
|---------------------------------|------------------------|
| $\frac{1}{2}$ lb. Cut Macaroni. | 2 medium-sized Onions. |
| 2 oz. Salt Pork.                | 1 large tin Tomatoes.  |
| 2 oz. Beef Steak.               | 2 oz. Fresh Pork.      |
| $\frac{1}{2}$ clove of Garlic.  | Salt, Pepper, Cayenne. |

For 6 persons.—Throw macaroni into boiling salted water. Boil till tender. Drain, pour a cup of cold water through macaroni, then return to saucepan. Put beef and fresh pork through mincer. Cut up salt pork. Heat in a frying pan till fat is melted. Add onion. Fry till brown. Stir in chopped meat. Brown slightly. Add finely minced clove of garlic, tomatoes, pepper and salt to taste. Cook all together till meat is tender. Pour sauce over macaroni and serve hot.

## DEVILLED SPAGHETTI

- |                               |  |
|-------------------------------|--|
| 3 oz. Minced Ham.             | $\frac{3}{4}$ cup Grated Cheddar Cheese. |
| 2½ tablespoons Flour.         | 1 tablespoon Chopped Pimento.            |
| 2 cups Milk. Worcester Sauce. | 1 quart Hot Cooked Spaghetti.            |
| 1 tablespoon Chopped Onion.   | 2½ tablespoons Butter. Salt.             |

For 8 persons.—Melt butter. Add onion and pimento. Stir for a few minutes, then add flour and mix thoroughly. Stir in milk gradually and cook until thickened, stirring constantly. Add minced ham, and Worcester sauce and salt to taste. Put hot cooked spaghetti in a baking dish, pour sauce over it and sprinkle with grated cheese. Bake in a moderately hot oven till the cheese has melted.

## FISH SHELLS

- |                             |                 |
|-----------------------------|-----------------|
| 1½ oz. Butter.              | 1½ oz. Flour.   |
| 1 pint Milk.                | 1 Egg Yolk.     |
| 1½ lb. Flaked, Cooked Fish. | Gruyere Cheese. |

For 4 persons.—Skin and bone cold cod, halibut, turbot,

or haddock or tinned salmon. Butter scallop shells. Melt butter. Add flour, then thin down with milk. Season to taste, stirring quickly to prevent lumping, until sauce boils, then remove at once from fire. Thicken with beaten egg yolk. Put a little at bottom of each shell or ramekin. Fill 3 parts full with flaked fish, then cover with sauce. Smooth with a knife and sprinkle with cheese. Bake for about 7 or 8 minutes in a hot oven. If you want to vary the mixture, add a tablespoon of chopped cooked mushrooms, 4 minced olives,  $1\frac{1}{2}$  tablespoons of cooked peas, or a chopped hard-boiled egg to the sauce.

### VEAL AND RICE CUSTARDS

$\frac{1}{2}$ cup Cooked, Diced Veal.	1 cup Milk.
$\frac{1}{2}$ cup Cooked Rice.	1 teaspoon Grated Onion.
Salt and Paprika.	2 Beaten Eggs. Celery Salt.

*For 4 persons.*—Mix veal and rice, the latter already boiled in salted water and well drained, together in a basin. Add onion, salt, paprika and celery salt to taste. Beat in milk and eggs. Stir in a saucepan over hot water, if you have not a double boiler, till warm but not hot. Turn into custard cups, set in a pan of hot water and bake in a moderate oven till set.

### FARMHOUSE CURRY

$\frac{1}{2}$ lb. Cold Meat.	1 dessertspoon Curry Powder.
1 Onion. 2 oz. Butter.	1 dessertspoon Flour.
1 tablespoon Apple Chutney.	2 tablespoons Cream.
1 Apple.	$\frac{1}{2}$ pint Stock.

*For 2 or 3 persons.*—Remove all gristle from meat before chopping and weighing. Melt butter, and when smoking hot, fry onion, flour and curry powder together for a few moments, stirring all the time. Add chopped apple, salt to taste, and stock. Stir constantly till sauce is smooth and boiling, then remove pan to side of fire and simmer  $\frac{1}{2}$  an hour. Add meat, game, or chicken. Thin to taste with a little milk, stir in apple chutney and bring again to boil. Add a few drops of lemon juice and cream. Serve at once on a hot dish in a border of boiled rice. Serve also with baked potatoes in their jackets.

### CABBAGE BLANKETS

$\frac{1}{2}$ lb. Lean Raw Steak.	2 tablespoons Vinegar.
2 large Tomatoes.	8 large Cabbage Leaves.
1 Onion.	$\frac{1}{2}$ lb. Lean Raw Pork.
$\frac{1}{2}$ cup Cooked Rice.	Salt and Pepper to taste.

*For 4 persons.*—Season chopped meat lightly with pepper and salt. Flavour with the juice of a small onion, then add a chopped, peeled onion, and rice. For stuffing you can vary the same mixture by adding twice the quantity of rice and  $\frac{1}{2}$  cup of breadcrumbs and 2 beaten eggs. Now soak cabbage leaves in hot water till soft enough to wrap round 8 equal-sized portions of the filling. Tie with strong thread to keep filling in place, and put in a saucepan with the tomatoes and vinegar. Add a very little water and simmer till cabbage is tender and well browned. Another way to finish off this favourite Central European meat dish is to sprinkle stuffed cabbage leaves with salt, dredge with flour and fry in fat till browned a little, then move to a fireproof dish, cover with tomato sauce, and bake slowly for about 2 hours. Serve with some more tomato sauce and mashed potatoes. The Hungarians add 2 tablespoons sugar to the tomatoes, vinegar and water, when cooking this dish by the first method.

### LAMB TERRAPIN

2 Hard-boiled Eggs.

$1\frac{1}{2}$  cups Stock.

$\frac{1}{2}$  teaspoon Salt.

1 tablespoon Flour. Paprika.

2 cups Diced, Cold Lamb.

1 teaspoon Dry Mustard.

2 tablespoons Butter.

1 tablespoon Worcester Sauce.

*For 4 persons.*—Remove superfluous fat from lamb before dicing. Melt butter, add mustard, flour, paprika and salt, and when well mixed stir in the sauce and stock. Cook 5 minutes after sauce has boiled, then stir in meat and sieved yolks, make piping hot, and add chopped whites of eggs. Serve on rounds of lightly buttered toast. Put half a grilled tomato on top and ring round with boiled rice.

### POTATOES STUFFED WITH FINNAN HADDOCK

6 large Potatoes.

2 cups Flaked, Cooked

Finnan Haddock.

2 heaped tablespoons Butter.

1 teaspoon Salt.

Paprika to taste. Milk.

Bake potatoes in their jackets till soft. Remove tops and scoop out inside carefully. Mash, and beat in the milk and butter and seasoning, then add the haddock and pile mixture up in the potato shells. Sprinkle with paprika and make piping hot in the oven before serving.

### GIPSY STEW

1 large Jointed Rabbit.

2 small Onions.

Salt and Pepper. Flour.

8 Bacon Rashers.

4 small Potatoes.

2 cups Hot Water or Stock.

*For 4 or 5 persons.*—Fry bacon till light brown. Remove it and fry the rabbit joints dipped in seasoned flour, till brown all over, then place the joints in a casserole alternately with the bacon and sliced potatoes, and onions. Dredge with a little flour. Add hot water or stock. Cover and simmer for 2 hours. Serve with mashed potatoes.

### CORNEB BEEF HASH

*2 cups Chopped Corn Beef.*

*3 tablespoons Milk or Stock.*

*Pepper to Taste.*

*1 tablespoon Minced Onion, if liked.*

*2 cups Cold Boiled Potatoes.*

*For 2 or 3 persons.*—Chop the potatoes and meat separately. Stir milk or stock into the potato. Place meat in a frying pan and fry for 3 or 4 minutes, until the fat begins to run, then add potatoes and pepper to taste. If using onion, fry it with the meat. Heat mixture through, then brown, fold like an omelette, and serve on a hot dish. If a more substantial dish is wanted, garnish with poached or steamed eggs, allowing 1 per person.

### BUBBLE-AND-SQUEAK

*3 cups Boiled Cabbage.*

*1 tablespoon Vinegar. Pepper.*

*6 slices Cold Corned Beef.*

*3 tablespoons Butter or Dripping.*

*For 4 to 6 persons.*—Cut meat into thin slices. Fry in smoking hot fat, till golden brown. Remove to a hot dish. Heat the chopped cabbage in the fat, add pepper to taste and vinegar, and after cabbage has browned slightly, pile in the centre of a hot dish and arrange corned beef in overlapping slices round. Some cooks chop the beef before frying.

**NOTE.**—For further recipes for luncheon and supper snacks, see **LEFT-OVER MEAT**, **LEFT-OVER FISH**, **SAVOURIES**, **OMELETTE AND SOUFFLE**, and **SAVOURY PIES** sections.

# APPETISERS

Some people consider all appetisers come under the class of hors d'œuvres. I consider that hors d'œuvres is one class of appetiser. Other appetisers are caviare, half a grapefruit, fish and fruit cocktails, iced melon, oysters, prawns, smoked salmon, and relishes such as salted and devilled almonds, stuffed olives and stuffed celery. Some people consider foie gras, served with freshly made toast and butter balls, an hors d'œuvre, but I prefer it as a savoury, served in the same way.

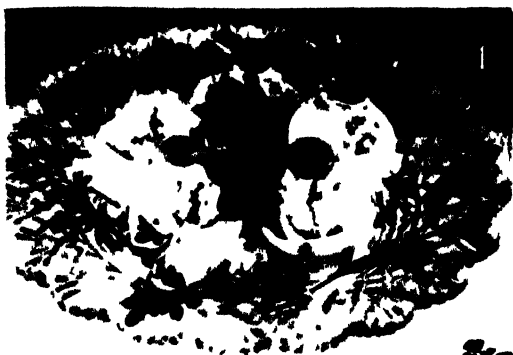
## RULES FOR CHOOSING

1. When lunch or dinner ends with fruit in any form, choose any appetiser except grapefruit, iced melon, or a fruit cocktail.
2. When dinner ends with a fish savoury, choose any appetiser except caviare, smoked salmon, prawns, or a fish cocktail.
3. As appetisers are intended to peak the appetite they must be served daintily, in small portions.
4. All fruit appetisers should be served very cold.
5. If an hors d'œuvre consists of a savoury canape, either cut the bread into strips—2½ inches long, 1 inch wide, and ¼ inch thick—or into rounds about the size of half a crown.
6. Fish cocktails should be served cold.

## FRUIT COCKTAILS

The success of any fruit cocktail depends—one, on its being served well chilled; two, on the combination of fruit used. If a mixed or fruit cocktail is wanted, be sure to choose a judicious mixture of both bitter and sweet fruit, such as grapefruit and pineapple; grapefruit, strawberries and tinned peaches; grapefruit, banana and pineapple; and grapefruit and canteloupe melon. Remember also that a fruit cocktail, unlike a fruit compote or salad, should be rather sharp in flavour, and not syrupy.

**TO SERVE.** Mix well chilled, and arrange in either fruit cocktail or Melba glasses, or double cocktail glasses with cracked ice in the lower glasses. If you use glasses which can take ice, it is not necessary to chill the fruit much in



1- Stuffed Eggs — one of several cold egg dishes which can be served as appetisers for lunch or dinner

2 Strawberries for luncheon can be served unhulled in a crystal bowl lined with maidenhair fern

2



3



3 A electrically cooked is a fairly modern invention for the times in or won in

4 How to serve a mixed fruit cocktail and grapefruit as an appetiser with scalloped omelette and petals of frosted mint in the centre



4



5

5— Patties make an ideal luncheon snack. These are stuffed with chicken and peas in white sauce.

6— Home - made bread rolls (See Index) served on a folded napkin.



7 Sandwiches and beer a plate of varied sandwiches can be served for the hurried luncheon or for supper.

8— Tomatoes stuffed with mixed vegetables, ham or tongue, and mayonnaise, and topped with capers



8

advance. Serve glasses on dainty plates covered with filmy lace, painted or lace paper d'oyleys. Put a teaspoon on the right side of each plate. Glasses should only be three-quarters full.

**TO GARNISH.**—Place a maraschino cherry, one or two cherries, a blackberry, raspberry or strawberry, or grated pineapple in the centre of each glass of cocktail. Sometimes I use instead a sprig of fresh mint or one or two petals of frosted mint, or a cherry frozen in lemon juice. In the latter case, I add no lemon juice to the fruit cocktail. It is also possible to garnish cocktails by arranging berries, cherries, or small grapes in a design on top of each cocktail, such as in a ring or in a cross or in inner and outer rings. Sometimes I make mine even daintier still by substituting a strawberry or vine leaf, or a spray of maidenhair fern, for the d'oyley on the plates. Liqueurs can be omitted from fruit cocktails when liked.

### LOUISIANA COCKTAIL

- |                                |                              |
|--------------------------------|------------------------------|
| 4 tablespoons Diced, Fresh, or | 6 teaspoons Castor Sugar.    |
| Tinned Pineapple. Kirsch.      | 4 tablespoons Sliced Banana. |
| 4 tablespoons Strawberries.    | 6 teaspoons Lemon Juice.     |

Mix chilled pineapple, banana slices and strawberries together. Melt the sugar in the lemon juice, chill, and pour over fruit. Arrange in glasses. Pour into each a teaspoon of kirsch. If pineapple is tinned, use less sugar.

### MELON COCKTAIL

- |                               |   |                                 |
|-------------------------------|---|---------------------------------|
| Melon Balls.                  | 1 | $\frac{1}{2}$ cup Castor Sugar. |
| 1 cup Tinned Pineapple Juice. |   |                                 |

Dissolve the sugar in the pineapple juice, bring to the boil, boil 5 minutes, then stand syrup in the refrigerator till chilled. Cut soft melon flesh into balls with a potato ball cutter, allowing about eight balls per person. Chill in the refrigerator and arrange in glasses. Pour over the syrup. Garnish with a maraschino cherry and a sprig of mint. The quantity of liquid is enough for six cocktails.

### CRÈME DE MENTHE

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 English Melon.                 | 2 heaped tablespoons Castor Sugar. |
| $\frac{1}{2}$ cup Boiling Water. | 1 handful of Fresh Mint.           |
| <i>Crème de Menthe to taste.</i> |                                    |

Scoop out the melon into balls, allowing 8 balls per person, with a potato ball cutter. Place in a basin. Wash and drain

the mint, sprinkle with the sugar and cover with boiling water. Stand 30 minutes, then strain over the melon balls and chill in the refrigerator. Serve divided between four cocktail glasses. Pour a teaspoon of crème de menthe into each. Plant a sprig of fresh mint in the centre of each cocktail, or substitute a tiny cube of mint jelly, or a piece of crème de menthe.

### GRAPEFRUIT

Grapefruit must always be served very cold.

FOR BREAKFAST—Halve fruit with a stainless knife. Remove all the pips and with a curved grapefruit knife, loosen the pulp from the rind and from the tough membrane between the sections, then cut out core. Sprinkle each half with a teaspoonful of castor sugar and stand overnight in the refrigerator or on ice.

FOR LUNCH OR DINNER.—Prepare fruit as described, and let it stand for at least three hours in the refrigerator or on ice before serving, when sprinkle over each half a few drops of lemon juice and a teaspoonful of curaçou, Grande Marnier, kirsch, maraschino, or sherry. Place a maraschino cherry in the centre of each, or fill the hollows with grated pineapple, or a fresh berry in season. Sometimes I place a tiny sprig of fresh mint or two petals of frosted munt in the centre instead of the cherry or pineapple.

If the grapefruit is not of a good shape, I remove all the pulp and juice with a pointed grapefruit spoon, after loosening the pulp from the membrane with a grapefruit knife, and serve it in grapefruit glasses or china containers, sold for grapefruit. In this case, I sugar and flavour the glasses of grapefruit just as I do grapefruit in its shell. No matter how you serve grapefruit, whether you serve it in its shell, placed on a plate, or in a tall grapefruit glass or china container, place a lace paper, or very filmy lace d'oyley on the plate on which the container stands, and arrange the spoon to the right of the container, but on the stand. Another way of serving grapefruit is to prepare it in its shell and then place it in a silver container lined with cracked ice.

Allow half a grapefruit per person.

### MELONS

Stand melons in an ice box or in a refrigerator until thoroughly chilled, then wipe. Cut in halves lengthwise if small. If large, cut in wedges. Remove seeds and any

stringy portion. If a half is served on individual plates, place a tablespoon of cracked ice in each hollow. Pass sugar sifter and a dish of ground ginger round with the melon.

**CANTELOUPE.**—After chilling and wiping melon, halve it lengthwise, then remove the seeds. Cut it into wedges through the groove. Serve wedges arranged in a circle, peel side downwards, on a large glass or silver dish or fruit plate, lined with fig, vine, or large geranium leaves. Accompaniments—see Melon.

**WATERMELON.**—Keep on ice or on a refrigerator from 12 to 24 hours. Wipe, remove a slice from each end, halve lengthwise, then cut into wedges. Serve like Canteloupe. Accompaniments—see Melon. To serve Cubed Melon, halve lengthwise, scoop out flesh after it is well chilled and cut into roughly shaped cubes about one inch square, after removing the seeds. You will find it generally impossible to secure neat cubes, for some portions will be thicker than others. Sift together  $\frac{1}{2}$  cup of icing sugar and  $\frac{1}{2}$  tablespoon of ground cinnamon or ginger, sprinkle over the prepared melon, and return it to the shells. Stand in the ice box or in the refrigerator 10 minutes before serving. Sometimes I simply sprinkle cubes with sugar, then decorate with sprigs of frosted mint. Serve shells on a plate lined with fig, vine, or large geranium leaves. *Tie all melons in a paper bag or in kitchen paper before placing in an ice box or in refrigerator or they will impart a melon odour to other foods being chilled.*

## FISH COCKTAILS

Fish cocktails can be made of diced lobster, shredded crabmeat, diced shrimps, whole oysters, diced prawns, or a mixture of oysters and shrimps. They should be served in cocktail glasses in turn embedded in shaved ice. Tiny glass bowls could be used for fish cocktails if they were placed in soup plates lined with ice. I have even seen orange shells and tomato shells used for serving fish cocktails.

### TO GARNISH FISH COCKTAILS

Plant a sprig of chervil, fennel, parsley, or a small celery tip in the centre of each. When serving fish cocktails in the shells of oranges or tomatoes, put a wreath of greenery, such as smilax, fennel, parsley, watercress or mustard and cress, round the base.

## COCKTAIL SAUCE

1 dessertspoon Lemon Juice.

1 teaspoon Celery Sall.

2 drops Tobasco.

1 dessertspoon Tomato Catsup.

1/2 teaspoon Olive Oil.

Worcester Sauce

Mix catsup, lemon juice, tobasco, celery sauce, and a dash of Worcester sauce together, then stir in olive oil by degrees, and use very cold for making one fish cocktail with any shell fish.

## OYSTERS

Do not open oysters until they are required. As soon as you bring them home, slip them into a basin of cold water. Add two handfuls of fine oatmeal, and use oysters as you want them. Wash, scrub and dry shells, then with a cloth in your left hand, take up one oyster at a time, with its deep shell downwards. Insert a sharp knife between the edges of the shells, at the valve side, and cut through. Arrange 4 or 6 on each serving plate, in the deep shells, after lining plate with cracked ice. The valve sides of the shells should be in the centre. Place two fingers or a quarter of lemon on the ice in the centre of each plate, and decorate with a sprig of parsley if liked. *If oysters are chilled in an ice box or refrigerator for 15 minutes before serving, it is not necessary to serve them on ice-lined plates. Allow 4 to 6 per person.*

## ACCOMPANIMENTS TO OYSTERS

Thin brown bread and butter arranged on a plate lined with a lace paper d'oyley, tobasco, cayenne, and tarragon or Chilli vinegar, grouped in a plate. When oysters are served in grapefruit shells, scalloped round the rims with a sharp pair of scissors, season them to taste with lemon juice, salt and tobasco before putting in shells, which should be served on individual plates, lined with a lace paper d'oyley, like fresh grapefruit.

## OYSTERS SET IN ICE

Take a large oblong of clear ice, and with a hot iron, melt a hollow in the centre large enough to hold oysters you wish to serve. Drain water off as fast as the ice melts. Place prepared block on a dish lined with a folded table napkin. Arrange sprigs of parsley and quarters of lemon, or maiden-hair fern and lemon, round the base, and open oyster shells and turn oysters into the hollow. Serve at once.

## OYSTERS WITH COCKTAIL SAUCE

If cocktail sauce is wanted to be served with oysters in their shells, mix the following ingredients together—1 tablespoon tomato catsup, 1 teaspoon minced celery, 2 drops tobasco, a dash of Worcester sauce, and  $\frac{1}{2}$  tablespoon of lemon juice, and serve in a prepared orange shell, in the centre of each plate. This quantity of sauce is enough for 6 large or 8 small oysters..

## PRAWNS

Serve without shelling, suspended round the rim of a cut-glass bowl filled with ice. Decorate ice with fingers of lemon and parsley. Another way is to half-fill a large salad bowl with cracked ice, sink a smaller bowl of the same shape in the large, resting it on the ice, and pile prawns into the small bowl. Serve garnished with parsley. Allow 8 to 10 prawns per person.

ACCOMPANIMENTS.—Thin brown bread and butter, fingers of lemon. If prawns are dressed simply overlapping each other on a small hors d'œuvre dish, decorate with a sprig of parsley in the centre and serve the lemon and brown bread separately, as when served in a bowl, sunk in a bowl of ice.

## SMOKED SALMON

Serve thin slices of smoked salmon cut across the grain, overlapping each other, on a dish lined with a lace paper d'oyley. Decorate with sprigs of parsley or fennel or lemon butterflies. Allow  $1\frac{1}{2}$  ounces per person. Serve with thin crisp toast and butterballs.

## ASSORTED HORS D'ŒUVRES

Although, given odd scraps of fish, meat and vegetables, you can turn out a fairly representative dish of hors d'œuvres at a moment's notice, it is wise to have a stock of ready-to-eat hors d'œuvres to draw upon in an emergency. Let me give you a list of what you can select from :

Anchovies (bottled)

Antipasto (tinned Italian mixed hors d'œuvres)

Brislings (tinned)

Cavial (hard roe tinned in olive oil)

Fillets of Herring (tinned in oil)

Rollmops (potted herring)

Fillets of Smoked Herring (tinned)  
 Fillets of Herring, sour (in oil)  
 Fillets of Mackerel (tinned in oil)  
 Fillets of Mackerel (tinned in white wine)  
 Sardines (in large and small tins)  
 Royans à la Bordelaise (a kind of sardine preserved in  
 oil with seasonings)  
 Bismarck Herring (potted)  
 Beetroot (tinned)  
 Pimentoes (tinned)  
 French or Spanish Tonno Fish (tinned)  
 Macedoine de Legumes (tinned, mixed vegetables)  
 Prawns (glassed)  
 Shrimps (glassed)  
 Mayonnaise (Bottled)  
 Olives (Italian, Spanish and Black)

If you like to serve oatkakes or bretzels, as well as toast, with hors d'œuvres, keep a tin of each in your store cupboard. Always open any glasses or tins of shell fish an hour, if possible, before they are required and rinse them in water and drain before using.

CURLED ANCHOVIES can be uncurled and rolled round a stuffed olive and served each on a tiny croûte or canape of thinly buttered toast spread with any fish paste. Simply turn ANTIPASTO out on to a dish lined with lettuce leaves. BRISLINGS, CAVIAL, FILLETS OF HERRING and MACKEREL, SARDINES, ROLLMOPS, BISMARCK HERRING, ROYANS and TONNO FISH, should all be served in the same way—that is, turned out into a glass hors d'œuvre dish or plate. MACEDOINE DE LEGUMES should be well-drained, moistened with mayonnaise or a boiled salad dressing, and served as a variety of hors d'œuvres. I sometimes freshen it up with a little chopped chives or parsley. PRAWNS and SHRIMPS can be served plain, moistened with mayonnaise, or with mayonnaise flavoured with curry powder.

### PERISHABLE HORS D'ŒUVRES

If stored in an ice box or in a refrigerator, the following hors d'œuvres will keep good for a long time, otherwise buy them as you require them :

Liver Sausage (plain or truffled, sliced or whole)  
 Russian Salad (sold by the pound)  
 Potato Salad (sold by the pound)

Green Pea Salad (sold by the pound)  
 Asparagus Salad (sold by the pound)  
 Beetroot and Tomato Salad (sold by the pound)  
 Mushrooms (in oil)  
 Small Artichokes (in oil)  
 Salame de Milano (Italian Salami Sausage)  
 Bayonne Ham (sliced)

## SUITABLE COMBINATIONS

1. Sardines, beetroot and onion salad, egg mayonnaise, black olives, potato salad.
2. Anchovies, liver sausage, Russian salad, fresh radishes, Bismarck herrings, salami.
3. Brislings, prawn mayonnaise, tomato salad, Spanish olives, Bayonne ham.
4. Smoked salmon, Royans à la Bordelaise, celery salad, baked beans in tomato sauce, fresh radishes.
5. Shrimp and asparagus mayonnaise, fillets of mackerel, artichokes in oil, pimentoes, black olives.
6. Tunny fish, pimentoes, potato salad, Italian olives, Scotch eggs, sliced.

## SINGLE HORS D'ŒUVRES

## HAM AND EGG WALNUTS

$\frac{1}{2}$ lb. <i>Lean Ham.</i>	24 <i>Hard-boiled Eggs.</i>
$\frac{1}{4}$ <i>teaspoon Chopped Chives.</i>	<i>Mayonnaise. Seasoning to taste.</i>

*For 6 persons.* Separate the yolks and whites of eggs. Mash the yolks, add chives, seasoning to taste, and mix to a smooth paste with mayonnaise. Put ham through a mincer, stir in minced whites of eggs, and mix with other ingredients into a paste. Form into balls the size of walnuts. Arrange on plates lined with mustard and cress.

## ITALIAN EGGS

3 <i>Hard-boiled Egg Yolks.</i>	8 <i>stuffed Olives.</i>
8 <i>canapes of Cold Buttered Toast.</i>	<i>Curry Powder and Salt to taste. Mustard and Cress.</i>

*For 8 persons.*—Moisten the yolks of eggs with butter until you get a soft paste. Flavour to taste with curry powder and salt, then shape into 8 flat pats with a spoon and your hand. Place one pat on each round of thinly buttered toast. Plant a stuffed olive in the centre. Arrange round the



olives a ring of chopped hard-boiled white of egg, or minced pimento. Serve on a dish lined with mustard and cress.

### EGGS WITH SAVOURY STUFFING

8 *New-laid Eggs.*

1 *teaspoon Butter.*

1½ *teaspoons Tomato Catsup.*

6 *Tomatoes.*

*Pepper, Salt to taste.*

*Lettuce. Mayonnaise.*

*For 6 persons.*—Boil eggs till hard, then shell, halve, and remove yolks. Mash yolks till smooth with butter, catsup, and seasoning to taste. Add, if liked, a teaspoon chopped chives and ½ teaspoon chopped parsley. Stuff the six half-whites with mixture. Remove a slice from top of tomatoes, gently scoop out the insides, season tomatoes with pepper and salt, and plant a stuffed white of egg in each. Arrange in a dish edged with mustard and cress, watercress, lettuce or curly endive. Put a spoonful of mayonnaise on top of each, and cover with slice of tomato. *Seasonable*—April to September.

### KENTISH STUFFED TOMATOES

6 *English Tomatoes.*

2 *Baked Potatoes.*

1 *Hard-boiled Egg.*

2 *tablespoons Cooked Peas.*

1 *tablespoon Chopped Cucumber.*

1 *tablespoon Mayonnaise.*

*For 6 persons*—Wipe tomatoes and remove tops. Scoop out pulp. Cut potatoes into dice, mince egg and mix with peas, cucumber and mayonnaise. Pile up in tomato cups. Arrange in an entrée dish lined with any green salad. Decorate each with a cross of pimento, or with minced ham or tongue.

### PRAWN MAYONNAISE

1 *glass Prawns.*

4 or 5 *tablespoons Mayonnaise.*

1 *Lettuce.*

½ *teaspoon Capers.*

*For 4 persons.*—Mix the prawns and mayonnaise together in a basin. Stand in a refrigerator till well chilled. Wash and dry the leaves of a fresh lettuce. Line four plates with the lettuce, then divide the mayonnaise between the plates. Sprinkle with minced capers. *Seasonable* all the year round.

### RELISHES

Some relishes are only served with aperitifs, cocktails, sherry, vermouth, etc. Some are arranged on the table before lunch or dinner, and left there until dessert. Others are suitable for being served with an aperitif and during a meal. Serve, unless otherwise described, in dainty dishes, lined with lace paper d'oyleys.

## TO SERVE WITH APERITIFS

Deville and salted almonds, salted peanuts, etc. ; stuffed and unstuffed olives, salted potato crisps ; puff cracknels, each one stuffed with a prawn or two shrimps moistened mayonnaise ; cheese biscuits the size of a florin, spread with foie gras, and centred half a stuffed olive, or spread with bloater cream, and centred with a curled anchovy uncurled and rolled round either a slice of stuffed olive or a snippet of tinned pimento.

## OLIVES, AND HOW TO SERVE THEM

French, Spanish and black olives and olives stuffed with nuts or pimento. Should be steeped for a few minutes in cold water then well drained and served in dainty dishes containing a little cold water. When wanted for a dinner party, put a spoonful of sherry or Madeira in the serving dishes instead of water. Sometimes I peel the olive away from the stone, then fill it from the stem end with a forcing pipe. Any fish paste or foie gras can be used for this purpose. Serve on tiny round canapes of cold, buttered toast, or of cooked pastry thinly buttered, or on small round unsweetened biscuits.

## SALTED ALMONDS

$\frac{1}{2}$ lb. Jordan Almonds.		1 tablespoon Butter, or
Table Salt. Paprika.		2 tablespoons Olive Oil.

Time required :—To fry, 8 to 10 minutes ; to roast,  $\frac{1}{2}$  an hour.

Place almonds in a bowl. Cover with boiling water. Stand 5 or 6 minutes. Throw them into cold water, then remove and skin with the fingers at once. To skin, simply take almond between the right thumb and first finger and rub off the skin. Dry with a towel. Melt butter till smoking hot, or heat oil till smoking hot, add nuts, and fry, turning frequently with a spoon till an even gold. If preferred, place the butter or olive oil in a flat baking tin, add the prepared nuts, and place them in a moderate oven, stirring them every 8 minutes, till they are nicely browned and have absorbed most of the fat. When nuts are ready, remove with spoon to a dish lined with brown paper, sprinkle heavily with salt, then with a dash of paprika. Shake off any loose salt, and turn on to another piece of brown paper to dry. Store, when cold, in an air-tight jar. Serve in crystal, silver or china dishes lined with a lace paper d'oley.

**DEVILLED ALMONDS.**—Prepare and cook like salted almonds, but sprinkle with cayenne as well. Sometimes I brush them with beaten egg white, then sprinkle them with table salt, cayenne and paprika.

### ANCHOVY TITBITS

*1½ inch squares Hot Toast.*  
*Olive Butter.*

*Curled Anchovies.*  
*Mustard and Cress.*

To make olive butter, beat butter to a cream, and stir in minced olives to taste. Spread toasts with this and plant a curled anchovy in the centre of each. Serve on a dish lined with a lace paper d'oyley. Minced cress or pimento butter could be made in the same way and used with toasts instead of olive butter. Season butters slightly. I usually allow fully twice as much butter as minced olives. 3 pimentoes to ½ cup of butter, and 2 tablespoons of minced mustard and cress or watercress to ½ cup of butter, when making olive, pimento, and cress butter respectively.

### ITALIAN CANAPES

*12 large Stuffed Olives.*

*12 strips Bacon.*

*12 fingers Hot Buttered Toast, 1½ 2 inches.*

*For 6 persons.*—Wrap each olive in a strip of bacon. Grill quickly till crisp. Serve each one piping hot, arranged on toast, on a dish lined with a lace paper d'oyley.

### SMOKED SALMON TITBITS

*Canapes of Cold Buttered Toast.*

*Smoked Salmon.*

*Minced Chives or Spring Onions.*

Cut buttered toast into rounds the size of a half-crown. Cut salmon into inch-wide strips and roll loosely up. Place a strip on each canape, sprinkle with minced chives or onion.

### FISH TITBITS

*Canapes of Cold Buttered Toast.*

*Any Fish Cream or Paste.*

*Tinned Pimento.*

Cut toast into oblongs 3 inches long and 1 inch wide. Spread with paste or cream, and decorate with a trellis work of very thin strips of pimento. They should be served side by side on an oblong or oval dish lined with a lace paper d'oyley. Garnish with parsley.

### TO SERVE WITH MEALS

Salted and devilled almonds ; salted peanuts and pecans ; devilled chestnuts ; stuffed and unstuffed olives ; radishes ;

stuffed celery stalks; spring onions; pickled onions; watercress.

### TO DEVIL CHESTNUTS

1 doz. Chestnuts.  
Salt.

1½ tablespoons Butter.  
Paprika.

Shell and slice chestnuts thinly. Fry slowly in smoking hot butter till well browned, turning frequently. Turn on to brown paper, sprinkle with salt and paprika, or substitute tobasco sauce for the paprika. Serve in a dainty dish lined with a lace paper d'oyley.

### RADISH ROSES

Choose round radishes with fresh green tops, and remove nearly all the leaves. Leave only one or two on each radish to take the place of a handle an inch in length, then wash and dry them. Now with a small sharp knife cut a small slice from each root end, then peel small pieces of red outside skin outwards to form five petals. Cut the middle across in four. Stand in ice water until the radishes open. When some of the radishes are very small, leave them whole to act as buds. Serve in a glass dish lined with lettuce leaves. Available all the year round. *In season*—from April till August. Skins can be scraped off or left on as desired.

### STUFFED CELERY STALKS

Deeply Grooved Celery Stalks.  
1 teaspoon Minced Onion or  
Chives.

1 Cream Cheese (Small).  
1 tablespoon Cream.  
2 teaspoons Minced Pimentos.

Scrape and wash celery, and fill the stalks with the cheese beaten with the cream, pimento and onion, and pepper and salt to taste. Serve on an oblong or oval dish, lined with a lace paper d'oyley. If wanted simpler, omit pimento. Sometimes I cut the stalks into two-inch pieces, brush them with stiff mayonnaise, and roll them in minced walnuts.

### ONIONS AND WATERCRESS

**SPRING ONIONS** — Remove outside leaves and root. Wash, drain and serve on an oblong or oval dish.

**PICKLED ONIONS** — Serve in a pickle jar or in a fancy, round, covered dish, in their liquor.

**WATERCRESS.**—Wash in three changes of cold water, drain well, dry and serve in a cut-glass or other watercress dish, with salt.

**OLIVES.**—As described under RELISHES WITH APERITIFS.

# SOUPS

**I**F you want to serve economical and savoury meals, *you must never be without stock*. It isn't always necessary to spend a lot of money on ingredients for stock. You can make nourishing stock from odds and ends that are often thrown away. Let me give you some ideas :

1. Choose a one-gallon aluminium stock pot for use for an average family. *It must have a tightly fitting lid.*

2. Use beef and mutton for ordinary brown stock, chicken or veal for white stock, carcasses of game or joints from boned game, for game stock, and fish bones and trimmings from filleted fish, for fish stock.

3. The best general soup stock is made from beef, ox cheek or ox tail, when brown stock is wanted, or calves' feet, calves' head or knuckle of veal, when white stock is wanted. Chicken or veal bones, or chicken carcasses also make good white stock, and good rice and parsley soup, as well as strengthening giblet soup.

4. The bones from rolled ribs of beef, or from any boned joint of beef, or mutton, will give you good stock for kidney, potato, tomato or vegetable soup, etc. The trimmings of the best end of neck of lamb, when cutlets are wanted, provide excellent stock for barley broth, Scotch broth or for any other soup for which lamb or mutton or their bones are required. The bones of veal or the carcase of a chicken make a good stock for cream soups. The shank of a ham, well-scrubbed, gives you stock for bean, dried green pea, lentil, and split pea soup.

5. Allow 1 quart of cold water to 1 lb. of bones, or bones and meat, and 1 quart extra. For meat, choose leg and shin of beef, scrag end of mutton, and neck of lamb. *Pork should never be used.*

6. Allow 1 clove, 4 peppercorns,  $\frac{1}{2}$  bay-leaf, 1 small sprig parsley,  $\frac{1}{4}$  lb. onion, 1 sprig of thyme, 1 stalk celery, 1 leek, 1 thick slice parsnip and turnip, and 1 medium carrot, to the above quantity of water, when you want a rich stock for a brown soup. Omit turnip and parsnip for white soup. When brown stock or soup is wanted brown the vegetables to give it a good colour. Remember that a little piece of turnip goes a long way.

7. Use cold water for fresh meats, and hot water when making stock of cooked bones, carcasses or meat.

8. Chop all bones, used in stock or soup making, very small before using. Chop any meat used into inch cubes, and remove any fat from it before putting it into the stock pot. *For perfect stock, allow two-thirds lean meat and one-third bone.*

9. All vegetables should be sliced thinly for stock, *except for clear stock*, when they should be left in large blocks to prevent clouding stock.

10. If you want stock to be a very dark colour, melt a piece of marrow from part of marrow bone, and brown a third of the meat, stirring constantly. Meanwhile let remainder of meat and the bones stand covered with cold water. Stand 1 hour, then rinse frying pan with a little of the water, and return the water to the stock pot, and add the browned meat.

11. When it does not matter about the colour of soup, put the meat, bones and cold water in stock pot, stand 1 hour to allow water to draw the juices from the meat, then heat gradually to boiling, and cook 6 or 7 hours, barely simmering. One hour is ready, add the vegetables, herbs and spices, and cover all the time.

12. Boil stock once for first stock, and when that is used, boil again for second stock, and again for third stock, *and add fresh vegetables and seasonings each time.*

13. Skim stock well to prevent a bad colour. When ready, strain and cool quickly. The cake of fat which will form on the top should be left on till stock is used. To remove fat, loosen it round the edge with a knife, then carefully remove it. Remove what remains by wiping jellied stock with a kitchen cloth wrung out of hot water.

14. *Clarify all stock fat, and use it instead of dripping.*

15. When stock requires to be used as soon as made, skim off fat with a spoon, removing any that is left by drawing tissue paper over the surface of stock.

16. Stock must never be left in the pot overnight. Store it, uncovered, in a cool, dry larder.

17. In the hot weather, boil stock up once a day to prevent it souring. In the winter, boil it up every second day.

### TO CLEAR SOUP STOCK

Remove all fat from stock, or stock jelly, and turn stock into a stewpan. Add for every quart of stock the white and shell of one egg, the white slightly beaten, and the shell

broken in small pieces. Place pan on fire. Stir constantly till boiling point, then boil 2 minutes. Either lower flame, or temperature, or if cooking by coal range, move saucepan to the back, and let stock *simmer only* for 20 minutes. Skim, then strain through a jelly bag. *If stock is not seasoned enough, you must complete seasoning before allowing it to boil.*

#### FRENCH METHOD

Pour quantity of stock to be cleared, or stock jelly, into a stewpan. Add 2 slightly beaten whites of eggs for every 3 quarts of stock, and also  $\frac{1}{4}$  lb. raw beef, without any fat or gristle. Bring stock to the boil, *stirring constantly*, or meat may stick to the bottom of pan. Boil 1 minute, then finish off as in previous method. Some French cooks add  $\frac{1}{2}$  lb. ox liver to the stock which is wanted clear. It should be cooked with the meat, bones, etc., from the very first, *then all that is necessary is to strain stock.*

#### BONE STOCK

2 lb. Beef, Mutton, or Veal	8 Peppercorns.
Bones.	2 quarts Cold Water.
2 Cloves.	2 small Carrots.
1 Onion.	1 thick slice Turnip or Parsnip.
1 teaspoon Salt.	1 sprig Parsley.

Wash and roughly chop the bones, and remove fat. Place bones in a saucepan. Add cold water, bring slowly to the boil, and boil quickly for a moment or two till the scum has risen, then skim. Throw in  $\frac{1}{2}$  cup cold water, bring to the boil, and skim again. Cover closely, simmer gently for 4 hours. Add the washed, peeled, and thickly sliced vegetables and other ingredients. Simmer two hours longer or until the bones are clean. Strain into a basin and store in a cool place.

#### BROWN STOCK

2 lb. Shin of Beef.	2 quarts Water.
1 Carrot.	A thick slice of Turnip.
1 stalk Celery.	6 Peppercorns.
1 sprig Parsley	1 Bay-leaf.
$\frac{1}{2}$ teaspoon Salt.	$\frac{1}{2}$ lb. Raw Bones.

Stand meat and bones in stock pot covered with cold water, for 1 hour. Bring slowly to the boil, add salt, skim at once. Simmer, closely covered, for 2 or 3 hours. Add prepared vegetables, fried in hot dripping, and other ingredients, and simmer till bones are clean. Strain into a basin. Store in a cool, dry place.

**SECOND BROWN STOCK.**—Make as above, using the same bones and meat over again, but all the other ingredients must be fresh. If you have any odd cooked or uncooked bones, or scraps of meat handy, add them to the stock.

### FISH STOCK

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 1 <i>Cod's Head, or Bones, Skin,</i> | 3 pints <i>Water.</i>                 |
| <i>and Trimmings of any</i>          | 1 <i>Clove.</i> 1 <i>Bay-leaf.</i>    |
| <i>White Fish, or 3 Whiting.</i>     | 1 <i>blade Mace.</i> 1 <i>Carrot.</i> |
| 1 <i>Leek.</i> 1 <i>small Onion.</i> | 1 <i>stalk Celery.</i>                |
| 1 <i>sprig Parsley.</i>              | <i>Salt and Pepper.</i>               |
| 1 <i>thin slice Parsnip.</i>         | 6 <i>White Peppercorns.</i>           |

Wash bones, trimmings, etc. Place in saucepan kept specially for fish stock. Add water and bring to the boil. Cover, and simmer for  $\frac{3}{4}$  to 1 hour. Strain and use. This stock is improved by the addition of one or two fresh veal bones or scraps of cooked veal, to the ingredients.

### GAME STOCK

- Fresh Carcases of Game.*      |      1 quart *second Brown Stock.*  
*Vegetables and Seasonings as in Brown Stock.*

**Prepare by first stock method. (Brown stock).**



## WHITE STOCK

2 *lb.* Knuckle of Veal.  
1 Onion. 1 Bay-leaf.  
Any Chicken Bones.  
2 stalks of Celery.

2 quarts Water.  
4 Cloves. 2 teaspoons Salt.  
1 sprig Parsley.  
6 White Peppercorns.

Prepare like Brown Stock, but on no account brown meat or vegetables in fat. Simmer in a tightly covered pan, for 2½ hours, skimming when necessary, then add vegetables, herbs, spices and continue simmering as long again. Strain into a basin and store in a cool place.

SECOND WHITE STOCK.— Make as second Brown Stock.

## SUGGESTIONS

1. If you have not any celery, flavour with celery salt.
2. If there are no trimmings for fish stock, allow 1 lb. sea bream, gurnet, or any other white fish for every quart of water to be used.
3. White stock can be made with an old fowl and some veal bones, allowing 1 lb. of meat and bones to each quart of water.
4. Use up liquor in which a rabbit, a calf's head, or a leg of mutton has been boiled, in making white stock.
5. Brown, Game, Vegetable or White Stock can be cleared for clear soup, depending on the variety wanted.

## CLEAR SOUPS

1. Allow 1½ gills per person.
2. Flavour with Madeira or sherry, 1 teaspoon per portion, just before serving.
3. If stock to be cleared for iced bouillon or consommé is thin, allow 2 tablespoons gelatine and ¼ cup of cold water to each quart, then soften the gelatine in the water and dissolve in the hot bouillon or consommé. Serve ice-cold, beaten up with a fork, or cut into cubes in bouillon cups.
4. When chicken consommé or bouillon is wanted, use chicken stock. For a brown bouillon or consommé, use stock made of beef and bones, or of beef, veal and the chicken carcase or bones. A veal bone can also be added to ingredients for chicken stock.
5. Do not add the garnish to clear soup (consommé) until ready to serve it.
6. A plain consommé can be made with a third each of beef, mutton and veal.



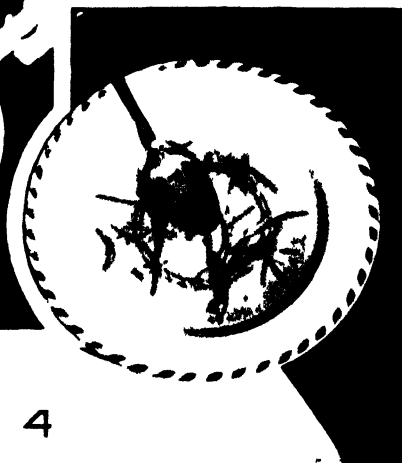
1—Ingredients for a consommé (clear soup).



2—Carefully remove the cake of fat from the cold jellied stock



3 To every quart of stock add the shell and slightly beaten white of one egg and whisk over the fire till boiling



4 The garnish is only added to clear soup when ready to serve



1 Cauliflower, celery, artichokes, tomatoes, as well as green peas, make delicious cream soups.

2- Preparing artichokes by dropping them into acidulated water as you peel them



3- When ingredients are cooked till tender, rub all through a sieve with a wooden spoon, then stir in with stock into prepared white sauce.

4-Cream soup garnished with a spoonful of whipped cream and minced parsley.



7. You can either make a clear soup (*consommé*), straight from a recipe, or you can make one from any stock you have in hand, after clearing.

#### TO THICKEN SOUPS

**BROTH.**—Allow  $\frac{1}{2}$  oz. flour to 1 quart (thin soup).

**CREAM SOUPS AND PUREES.**—Allow 1 oz. flour to 1 quart (thick soup).

#### BEEF BOUILLON

2½ lb. Gravy Beef.	1 lb. Marrow Bones.
8 pints Cold Water.	10 Peppercorns.
½ tablespoon Salt.	½ cup Diced Carrot.
½ cup Diced Turnip.	½ cup Diced Onion.
½ cup Diced Celery.	½ cup Diced Parsnip.

Wipe meat, cut half of it into inch squares and place in a saucepan. Add water, cover, and stand  $\frac{1}{2}$  an hour. Remove marrow fat from bones. Melt fat in a frying pan, and brown the remainder of meat, then turn it and the bones into saucepan. Place on fire, bring to boiling point, skim carefully, then simmer, barely moving, 5 hours. Add peppercorns and salt, and prepared vegetables, substituting when parsnips are not available, an extra  $\frac{1}{2}$  cup of the mixed vegetables. Simmer 1 hour, strain, leave till cool, then skim and clear. Serve in bouillon cups. Allow  $1\frac{1}{2}$  gills per person. *In season*—all the year round.

#### ICED BOUILLON

Measure out quantity of soup required into a saucepan, after clearing. Flavour to taste with Madeira, or sherry. Pour into cups into which soup is to be served, filling them to within half an inch of the rim. Cool and stand in the refrigerator till set. *In season*—in summer.

#### CHICKEN BOUILLON

1 large Chicken.	3 quarts Cold Water.
1 Carrot. 1 Turnip.	1 small stalk Celery.
2 Cloves. 1 Onion.	1 teaspoon Salt.

Cut chicken into joints, and place with the carcass into a saucepan. Add salt and water, bring to the boil and skim. Let soup simmer gently until all scum is removed, then add other ingredients. Simmer 2 hours. Season to taste, and clear. Allow  $1\frac{1}{2}$  gills per person. *In season*—all the year round.

## CLEAR BEEF SOUP

2 quarts Fresh Beef Stock.

Whites and Shells, 2 Eggs.

1 sprig Parsley.

1 glass Sherry. 1 Carrot.

1 lb. Gravy Beef.

2 Cloves. 1 Onion.

10 Peppercorns.

1 slice Turnip.

For 6 to 8 persons.—Remove all fat from the stock. Scrape meat down very finely, and mix it with 2 tablespoons cold water. Pour stock into a saucepan. Add beef, washed, peeled and halved vegetables, spices and whites and shells of eggs. Whisk over fire till the stock starts to simmer, stop whisking when it comes fully to the boil, then cover and simmer 20 minutes. Pour a kettle of boiling water through a jelly bag, then pour stock into bag, letting it run into a clean basin standing below. If not perfectly clear, run it through the bag again, then pour it into a clean saucepan. bring it to nearly boiling point, but do not boil. Add wine and serve at once. *In season*—all the year round.

NOTE.—If stock is very rich, and well seasoned, add nothing but whites and shells of eggs and beef to the stock, and strain as soon as it comes fully to the boil, then there is enough for about 10 to 12 persons.

## BEEF TEA FOR INVALIDS

1 pint Water.

| 1 pound Trimmed Beef.

½ teaspoon Salt.

The meat for beef tea must be juicy, such as steak—rump, beef or buttock—or topside. On no account use shin of beef. Remove all skin, fat and gristle, then shred meat or mince it in a machine. Turn shredded meat into a saucepan, add water and salt. Stand for 15 minutes, then put pan over a low heat and stir slowly. As stirring progresses it will be seen that the meat loses colour and the water becomes first red and then rich red-brown. On no account must the beef tea be allowed to boil. About 180 deg. Fahr. is the highest temperature, a heat that the finger can only just be dipped in without actual scalding. If the beef tea gets hotter than this, the albumen solidifies like white of egg and gets strained out, which should not occur. When beef tea has become red-brown, strain and skim carefully, removing all fat. This beef tea is not so palatable as that usually made but it is the most nutritious.

### CLEAR ASPARAGUS SOUP

*For 6 persons.*—To 9 gills beef consommé allow 24 cooked or rinsed tinned asparagus tips. *In season*—all the year.

### CLEAR MUSHROOM SOUP

*For 6 persons.*—Wash, peel and stem 5 oz. mushrooms. Chop stems and peelings, and simmer in 1 quart chicken or veal stock for 1 hour. Strain, add sliced mushrooms, cover, and cook till tender—about 6 minutes. Remove mushrooms and clear. Return to saucepan, season to taste, add mushrooms, and serve in hot soup cups. Sprinkle with a dash of paprika, and 1 teaspoon of whipped cream in each cup. *In season*—all the year round.

### CLEAR VEGETABLE SOUP

*For 6 persons.*—To 9 gills beef consommé, allow 1 tablespoon of carrot, leek and turnip, cut into fine strips, an inch long, and boiled before adding. *In season*—all the year round.

### CLEAR SOUP, CELESTINE

9 gills Clear Soup.	1 oz. Flour.	1 Egg.
$\frac{1}{2}$ gill Milk.	1 teaspoon Melted Butter.	

*For 6 persons.*—Make flour, seasoned to taste, into a smooth batter, with egg and milk, added by degrees. Beat well, stir in butter, then cook like pancakes in an omelette pan in which you have melted a nut of butter. The cakes must be thin. When well browned on each side, drain on kitchen paper and trim the edges to make cakes square. Cut into inch wide strips, then into match-like strips. Place in the bottom of soup tureen, or in soup cups, and pour over the boiling consommé. *In season*—all the year round.

### CLEAR SOUP WITH CUSTARD DICE

9 gills Clear Soup.	1 gill Stock.
2 Egg Yolks.	1 Whole Egg.

*For 6 persons.*—Stir beaten egg and yolks into the stock. Season to taste, pour into small round moulds, place them in a baking tin containing a little hot water, and cook in the oven, very gently, till custard is slightly firm. Cool, turn on to a board, slice, then cut out with small cutters. If you have not fancy cutters, use a thimble, or cut into diamonds. Sometimes I colour the custard before cooking it. Serve in a tureen or soup cups with boiling consommé poured

over. The consommé can be flavoured with a little sherry, if liked. *In season*—all the year round.

### CLEAR SOUP, FINGERHUETCHEN

*For 12 persons.*—Beat 1 egg slightly, add  $\frac{1}{2}$  teaspoon salt, and enough flour to make a stiff dough. Roll out thinly, leave on board till dry, then fold in three, and cut out with a floured thimble. Toss rounds lightly in the hands to separate the layers slightly, then throw into deep, smoking hot fat, and fry till golden brown. Cool slightly, then place in a hot soup tureen, or in hot bouillon cups, and pour the hot broth over. *In season*—all the year round.

### CLEAR SOUP WITH ITALIAN PASTES

Boil  $1\frac{1}{2}$  oz. (fully) spaghetti, shell macaroni, or other Italian pastes, in boiling water until soft. Drain well and add to 9 gills boiling consommé. Pass a dish of grated Parmesan cheese round with this consommé.

## SIMPLE BROTHS

1. Broth is simply a stock for clear soup.

2. Broths can be made without any vegetables and served with barley, rice, tapioca, vermicelli, etc., as thickening.

3. Broths can be made with only vegetables for thickening, such as Brown Vegetable Soup, or with dumplings or home-made garnishes for thickening, such as noodles, etc.

### BEEF, CHICKEN, MUTTON, OR VEAL BROTH

$1\frac{1}{2}$  lb. Lean Meat.  
1 quart Cold Water.  
1 slice Turnip.  
 $\frac{1}{2}$  Onion.

$\frac{1}{2}$  teaspoon Salt.  
 $\frac{1}{2}$  lb. Bone.  
2 or 3 slices Carrot.  
8 Peppercorns.

*For 5 or 6 persons.*—Cut the meat in small pieces, crush the bone, turn into a saucepan, add the cold water, and stand  $\frac{1}{2}$  an hour before putting on the fire. If you wish to use the meat up afterwards, tie the bone in a piece of muslin. Skim stock as soon as it comes to the boil, cover and simmer, *very slowly*, for 2 hours, then add salt, 8 peppercorns and the prepared vegetables. If it cooks too quickly you will have to add enough water at the end of the time to make 1 quart of liquid. Bring to boil, simmer 3 hours, and strain.

*It is best to make this broth in the top of a double boiler. Remove fat from broth when cold. If it is difficult to remove it all, skim it with a piece of clean white blotting paper.*

### GRAVY AND VEGETABLE BROTH

1½ lb. Gravy Beef.	1 small Turnip.
½ lb. Beef or Veal Bones or Knuckle of Veal.	1 quart and 1 gill Water.
1 slice Parsnip.	1 large Onion.
	1 Clove. 1 Carrot.

*For 3 or 4 persons.*—Mince the beef, and place it with the chopped bone in a saucepan. Add water, stand 1 hour, bring slowly to boiling point, skim and barely simmer for 2 hours. Add the peeled and chopped onion, carrot, turnip, parsnip, clove, and seasoning to taste. Cover and simmer till vegetables are tender. Remove the bones, add a teaspoon of minced parsley. *In season*—all the year round.

### BROTH WITH EINLAUF

*For 6 persons.*—Stir a pinch of salt into 3 tablespoons flour. Add a beaten egg and ¼ cup water. Beat till smooth. Pour very slowly from the end of a tablespoon into the boiling broth. Cover and boil quickly for 3 minutes. Add 1 teaspoon chopped parsley and serve.

### BROTH WITH GOLDEN DUMPLINGS

*For 6 persons.*—Break the whites of 3 eggs into a teacup. Fill up to the brim with milk. Melt 2 tablespoons butter in a saucepan. Stir in 1 teacup of flour, stir till frothy, add milk and egg whites, and keep stirring until the mixture comes away from the pan clean. Remove pan from fire, and when dough is cool, beat in the yolks of eggs, and season to taste with pepper, salt, grated nutmeg and minced parsley. Drop, from a teaspoon, into boiling broth. Cover, and boil for 5 minutes.

### BROTH WITH LIVER DUMPLINGS

*For 6 persons.*—Skin and put ½ lb. calf's liver through a mincer. Place ½ cup breadcrumbs and ½ cup milk and water in a saucepan, and stir till cooked to a paste. Remove from fire, add ½ an egg, liver, ½ teaspoon salt, ½ teaspoon grated onion, and grated nutmeg, crushed herbs and pepper to taste. Shape into balls the size of a nutmeg. Drop into boiling broth, cover and boil 10 minutes before serving.

### ITALIAN BROTHS

*For 6 persons.*—Bring a quart of water to the boil in a



saucepan. Add  $\frac{1}{2}$  teaspoon of salt, and 6 oz. of macaroni, cut in inches, or bought in fancy shapes, spaghetti, broken into short lengths, or vermicelli, crushed in the hands. Cover, boil 5 minutes, turn into a colander, and let the cold water tap run quickly over it, then leave it to drain while you bring  $4\frac{1}{2}$  pints stock to boil. When boiling, add the macaroni, or spaghetti, or vermicelli. Cover and simmer 15 minutes. Serve accompanied by a dish of grated Parmesan.

### RICE SOUP

*For 6 persons.*—Wash 6 oz. rice, then throw into a pan containing  $4\frac{1}{2}$  pints boiling water, and  $\frac{1}{2}$  teaspoon salt. Cover, boil 10 minutes, turn into a colander, and let the cold water tap run quickly over it. Drain while you bring  $4\frac{1}{2}$  pints well-flavoured broth to the boil, then add rice, cover, and simmer from 25 minutes to  $\frac{1}{2}$  an hour. Serve accompanied by a dish of grated Parmesan.

NOTE.—To thicken a broth quickly, add to 9 gills of boiling broth, 2 oz. small tapioca.

## MEAT AND VEGETABLE BROTHS

### CARROT SOUP

- |                        |                                |
|------------------------|--------------------------------|
| 6 Carrots.             | 2 oz. Rice. 1 gill Milk.       |
| 2 quarts Second Stock. | 1 teaspoon Sugar.              |
| 2 small Onions.        | Pepper, Salt and Grated Nutmeg |
| 2 tablespoons Cream.   | to taste.                      |
| 1 oz. Butter.          | 2 oz. Fat Bacon.               |

*For 8 or 9 persons.*—Wash and scrape carrots. Melt butter and fry chopped bacon in a saucepan. Add the carrots and sugar, and cook, stirring constantly, for 5 minutes. Add rice, peeled and chopped onions, and stock. Bring to the boil, skim, cover, and simmer till vegetables are tender. Season to taste with salt, pepper and grated nutmeg. Add milk and cream, and stir till hot. Serve in a soup tureen, with a dish of fried croûtons. *In season*—all the year. If liked, soup can be sieved, and milk and cream omitted.

### CHICKEN BROTH

- |                         |                            |
|-------------------------|----------------------------|
| 1 Old Fowl.             | 1 medium Onion.            |
| 1 stalk Celery.         | 1 thick slice Parsnip.     |
| 1 thick slice Turnip.   | 3 quarts Water.            |
| 1 sprig Parsley.        | 2 Leeks.                   |
| 1 small Carrot.         | $\frac{1}{2}$ teacup Rice. |
| 2 Cloves. 1 blade Mace. | Salt and Pepper.           |

Clean and cut up fowl, and place in a saucepan. Add cold water to cover well, cloves, mace, and parsley, and a teaspoon of salt. Bring to the boil. Skim, cover, and simmer 2½ hours. Drain. Return liquor to saucepan. Add prepared vegetables, the leeks, shredded finely, the carrot, parsnip, onion, and turnip, finely chopped, shredded celery, and rice. Simmer gently from ½ to ¾ hour, till rice is tender.

### FAMILY BROTH

- |   |                              |
|---|------------------------------|
| 1 large Cold Roast Beef Bone,<br>any Trimmings of Raw Beef. | 1 tablespoon Cornflour.      |
| 4 quarts Water.   | A Chicken or Turkey Carcase. |
| 2 Turnips. 2 Cloves.  | 2 Carrots. 1 Onion.          |
|   | Pepper and Salt to taste.    |

For 8 or 9 persons.—Put the bone, trimmings and carcase in a saucepan with the water, prepared vegetables, cloves, pepper and salt. Cover, bring to the boil, skim, then cover and simmer 4 hours. Strain through a colander, then rub the vegetables through a sieve into the soup. Bring to the boil again, skim off any fat, then dissolve flour in 2 table-spoons of stock or water, or stir into the soup till boiling. Cover and simmer 10 minutes. Serve with dry toast. Any left-over peas or cauliflower can be added to the soup just before straining. If there are 2 or 3 potatoes left over, add them as well, and omit the cornflour.

### GIBLET SOUP

- |  |                           |
|--|---------------------------|
| 2 sets Chicken Giblets.                            | ½ oz. Butter or Dripping. |
| 1 small Onion.                                     | 3 pints Water.            |
| ½ lb. Knuckle of Veal, or 1 lb.<br>Raw Veal Bones. | Pepper and Salt to taste. |
|  | 3 or 4 oz. Rice.          |

For 4 or 5 persons.—Scald and clean the giblets. Skin the insides of the gizzards and skin the feet. Melt the butter, or you can use bacon fat or dripping, in a saucepan. Add the gizzards, the necks, the heart and the feet and brown well, then pour in the water, and bring slowly to the boil. Skim, add the bones, prepared onion, and pepper and salt to taste. Cover and simmer until quite tender, then strain the soup into a basin and use the following day, after skimming off any fat. Turn soup into a saucepan. Add rice, when boiling, cover, and simmer for about 20 minutes—till rice is tender. Meanwhile, rinse the cooked heart and gizzard, then mince them and add to the soup before serving. Sometimes I also add 2 teaspoons minced parsley or minced chives.

## BROWN SOUP

- |   |                                   |
|---|-----------------------------------|
| 1 lb. Shin of Beef.                               | 1 slice Turnip.                   |
| 2 small Onions.                                   | 1 stalk Celery.                   |
| 4 pints Water.                                    | 10 Peppercorns.                   |
| $\frac{1}{2}$ Bay-leaf. $\frac{1}{2}$ oz. Butter. | $\frac{1}{2}$ cup Peas, if liked. |
| 1 medium Carrot.                                  | 1 teaspoon Castor Sugar.          |

*For 5 or 6 persons.*—Heat sugar in pan till it melts, then add butter, and when smoking hot, the meat cut in cubes. Fry meat till brown, stirring occasionally, then add vegetables, prepared and chopped, omitting the peas. Pour in water, bring slowly to the boil, and simmer for  $3\frac{1}{2}$  hours, then strain. Rinse meat and return to soup, if liked, or add the peas, boiled separately, and the water also to the soup, but in that case, use less water in making the soup. If you use a pint for the peas, then use only 3 pints water. You could also thicken soup with a little cornflour dissolved in water. *In season*—all the year round.

## HOTCH POTCH

- |                                 |                              |
|---------------------------------|------------------------------|
| 1 lb. Neck of Mutton.           | 1 Turnip.                    |
| $\frac{1}{2}$ pint Green Peas.  | $\frac{1}{2}$ Lettuce.       |
| 1 medium Cauliflower.           | 2 quarts Water.              |
| 2 Carrots. 2 Onions.            | 1 teaspoon Sugar.            |
| $\frac{1}{2}$ lb. Mutton Bones. | 1 stalk Celery.              |
|                                 | $\frac{1}{2}$ teaspoon Salt. |

*For 6 persons.*—Place the meat, bones,  $\frac{1}{2}$  teaspoon of salt, and water in a saucepan. Bring slowly to the boil, then skim. Wash, prepare, and cut up vegetables, and after stock has boiled 1 hour, add prepared turnip, carrot and onion, and half the peas. Cover and cook for  $\frac{1}{2}$  an hour, then add chopped lettuce, cauliflower, divided into sprigs, and the remainder of peas. Cover, and simmer another  $\frac{1}{2}$  an hour, then remove bones and mutton, and serve soup in a hot tureen. If mutton is to be served as a separate course, cover it with white sauce, flavoured with chopped capers, and serve with it scalloped potatoes and mashed turnip.

## KIDNEY SOUP

- |                     |                         |
|---------------------|-------------------------|
| 1 Oz Kidney.        | 3 quarts Stock (Brown). |
| Seasoning to Taste. | 1 oz. Butter.           |
|                     | Cornflour.              |

*For 7 or 8 persons.*—Remove all fat from kidney. Blanch, dry, and dip in seasoned flour, after slicing. Melt butter in a saucepan, and when smoking hot, fry kidney slices until

well browned, then add stock, cover, and simmer for 3 or 4 hours. Skim, remove and mince kidney slices, then return to pan, re-season, if necessary, and stir into soup  $1\frac{1}{2}$  tablespoons cornflour, dissolved in water. Serve when soup again comes to the boil. If no stock is available, substitute water, add 1 lb. of beef bones, 2 carrots, 2 onions, and fry slightly before adding the water. Before skimming, strain, put vegetables through a sieve, return to soup, and bring to the boil again. Rinse kidney before mincing.

### MINESTRONE SOUP

- |                                      |                 |                                      |                 |
|--------------------------------------|-----------------|--------------------------------------|-----------------|
| 1 small Onion.                       | 2 Leeks.        | 1 small Carrot.                      | 1 stalk Celery. |
| 1 sprig Parsley.                     | 1 clove Garlic. | 3 pints Water.                       | 1 oz. Rice.     |
| 1 cup Coarsely Chopped Cabbage.      |                 | $\frac{1}{2}$ cup Olive Oil.         | Salt.           |
| 1 cup Tomato Pulp (fresh or tinned). |                 | $\frac{1}{2}$ teaspoon White Pepper. |                 |
|                                      |                 | $1\frac{1}{2}$ oz. Macaroni.         |                 |
|                                      |                 | $\frac{1}{2}$ small Chopped Turnip.  |                 |

*For 8 persons.*—Prepare the vegetables. Heat the oil in a saucepan. Add minced onion, garlic, parsley, and carrot and turnip. Stir in the fat till golden brown. Add leeks, salt, pepper, tomato pulp, water, cabbage, and minced celery. Bring to the boiling point, then add the macaroni, or spaghetti, if preferred, and rice, the macaroni or spaghetti cut into 1-inch pieces. If you have any gravy left over you can add it as well. Simmer with cover on pan, from  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour, till vegetables are tender. Serve accompanied by a dish of grated Parmesan cheese.

### MULLIGATAWNY SOUP

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| 1 lb. Lean Ham.                 | 1 teaspoon Castor Sugar.             |
| 1 oz. Curry Powder.             | 2 Onions. 1 Carrot.                  |
| 1 oz. Flour.                    | 2 quarts Stock.                      |
| Juice $\frac{1}{2}$ Lemon.      | $\frac{1}{2}$ head Celery. 4 Apples. |
| $\frac{1}{2}$ lb. Cold Chicken. | 1 dessertspoon Curry Paste.          |

*For 6 persons.*—Prepare the vegetables, peel the apples, and chop all in pieces. Make the butter smoking hot in a saucepan, then add the vegetables and chopped ham. Fry till golden brown, then stir in all the other ingredients except the chicken. Keep stirring till the soup boils, then cover, and simmer until the vegetables are quite tender, then pass through a sieve. Add chopped chicken, bring to boiling point, and stir in 1 gill of cream, if liked, before serving with boiled rice, which should accompany the soup on a hot dish, so that people can take what they want.

### MOCK TURTLE SOUP

$\frac{1}{2}$  Calf's Head.

2 quarts Stock.

2 tablespoons Mushroom Catsup.

Pepper and Salt to taste.

$\frac{1}{2}$  lb. Cooked Ham.

2 $\frac{1}{2}$  oz. Flour. Sherry.

6 Peppercorns. Herbs.

3 Cloves. Lemon Rind.

*For 6 persons.*—Clean and cook head in stock, with a bunch of herbs, a small strip of lemon rind, cloves, ham and peppercorns, till tender, when remove the ham, and chop it finely. Remove the head, and cut half its meat into small pieces, and lay aside with the ham. The remainder of the calf's head meat can be used up in an entrée together with the tongue and brain. Then return the bones to the saucepan, simmer gently 1 hour, strain, and thicken with the flour. Season to taste with pepper, salt, catsup and 2 glasses of sherry, then add forcemeat balls (see GARNISHES, page 104), pieces of meat, and serve. If liked, 2 sliced hard-boiled eggs can be placed in the soup tureen before the soup is poured in.

### BROWN VEGETABLE SOUP

1 quart Brown Stock or  
Consommé.

1 cup Chopped Cooked Carrot, or  
 $\frac{1}{2}$  Carrots and  $\frac{1}{2}$  Turnips.

*For 6 persons.*—The stock or consommé should be well seasoned. Serve in 6 soup cups, preferably made of earthenware, and divide the vegetables between each. Place a small square of hot buttered toast in each, and serve at once. Sometimes I vary this by substituting  $\frac{1}{2}$  cup of minced, cooked chicken for the vegetables, or use a cupful of mixed, chopped, cooked carrot, turnip and peas.

### RABBIT SOUP

1 Wild Rabbit.

2 Shallots.

1 stalk Celery.

$\frac{1}{2}$  lb. Lean Ham.

Pepper and Salt to taste.

3 pints Water.

2 Carrots.

3 oz. Butter.

1 $\frac{1}{2}$  oz. Flour.

Herbs.

*For 4 or 5 persons.*—Wash and joint rabbit, and blanch rabbit if you want the soup delicate. Prepare and dice vegetables. Melt  $\frac{1}{2}$  the butter in a saucepan, add rabbit joints, dried, and bacon, and brown. Then add vegetables and stir till brown too, when add a sprig of parsley,  $\frac{1}{4}$  a bay-leaf, 2 cloves and water, also any left-over gravy, or stock—up to  $\frac{1}{2}$  pint. Simmer 2 hours, skimming occasionally. Strain, and when cold, skim off fat. Melt the remainder of butter in a saucepan, add flour and stir till brown. Then make into a sauce with some of the rabbit stock. Simmer for 10 minutes,

add remainder of stock, and diced rabbit meat, just enough to give a little garnish to the soup. The remainder can be made into a cold shape with a little jellied stock, or into creams or croquettes. Serve with toast.

### SCOTCH MUTTON BROTH

- |                                  |  |
|----------------------------------|--|
| 1 lb. Neck of Mutton.            | 1 dessertspoon Finely Chopped Parsley. |
| 2 medium Carrots.                | 8 breakfastcups Cold Water.            |
| 2 Leeks. 1 teacup Peas.          | 2 tablespoons Barley.                  |
| $\frac{1}{2}$ Cabbage, or Savoy. | 1 Turnip or $\frac{1}{4}$ Swede.       |
| 1 Onion. Piece Celery.           |  |

For 6 persons.—Soak the peas in water for 12 hours. Put on the 8 breakfastcups of water, then prepare meat by washing, if neck is used. If any other part of meat, wipe on a damp cloth. Bring slowly to the boil, skim just before boiling, and add salt. Skim again. Add prepared vegetables and barley, except parsley. Simmer gently for 2 hours. Add parsley 2 minutes before serving. Meat can be stewed separately with caper sauce.

### HIGHLAND BROTH

- |   |   |
|---|---|
| 2 Small Carrots.                                      | 1 Onion. 1 oz. Rice. 1 Clove.           |
| 4 stalks Celery.                                      | 1 Beefbone or set of Chicken Giblets.   |
| 6 oz. Cabbage.  | 6 small Cauliflower Sprigs.             |
| 2 peeled Tomatoes, or 1 table-<br>spoon Tomato Puree. | 1 Potato. Pepper.                       |
| Salt and Paprika to taste.                            | 2 quarts Water. $\frac{1}{2}$ Bay-leaf. |

For 6 to 8 persons.—Brown the bones or giblets in a dessertspoon of fat melted in a saucepan till smoking hot, then add an onion, stuck with a clove, half a bay-leaf, a slice of carrot and turnip, and pepper and salt to taste. Fry for 2 minutes, stirring occasionally, then add water. Bring to boil, skim, strain liquid into another saucepan, then add the scraped and diced carrots, celery, peeled and sliced onion, peeled and minced potato, and simmer for  $\frac{1}{2}$  an hour. Add rice, cauliflower sprigs, and tomatoes or tomato puree. Simmer till cauliflower and rice are tender. If you use stock instead of water, bring it to the boil and skim before straining it into the saucepan and adding the vegetables, etc.

### OX-TAIL SOUP

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1 Ox-Tail. 1 Turnip.              | 2 quarts Weak Stock.           |
| 1 stalk Celery.                   | 2 Onions. 2 Carrots.           |
| 1 slice Parsnip.                  | 2 oz. Butter.                  |
| 2 oz. Lean Bacon.                 | 10 Peppercorns.                |
| 2 Cloves. $\frac{1}{2}$ Bay-leaf. | 1 tablespoon Cornflour.        |
| Salt to taste.                    | 1 sprig Parsley. 1 blade Mace. |

*For 6 persons.*—Joint ox-tail. Place joints in a saucepan, cover with cold water, bring to the boil, and strain off water. Dry the joints. Melt the butter in a saucepan, add the sliced prepared vegetables, chopped bacon, the ox-tail joints, spices, and herbs, and fry till brown. Add the stock, salt to taste, then bring to the boil and skim. Put on the lid, and simmer for 2 hours, then strain into a basin. When cold, remove fat. Melt a walnut of butter in a saucepan, add cornflour and cook till light brown, then stir in the stock. Keep stirring till boiling, season to taste, and simmer for  $\frac{1}{2}$  of an hour. Strain soup into a soup tureen, and add pieces of the meat cut in dice. If liked, also add one or two rounds of carrot or turnip. When making this soup, be sure to brown the vegetables and the ox-tail well, or soup will not be a good colour. You can improve colour by adding a tablespoon of mushroom catsup. If there is no stock, use water and 2 lb. of raw beef bones. Sometimes I add a glass of port wine before pouring soup into the tureen.

## CREAM SOUPS

1. Cream soups can be made *with* or *without* soup stock.
2. If you make cream soups with stock, you must use white stock.
3. Serve cream soups at lunch or supper, in bowls, bouillon cups or in marmites, and in soup plates for dinner.
4. To make an emergency cream soup with cooked vegetables, thin 2 cups sieved green peas, artichokes, celery, mushrooms, etc., after boiling, with white sauce, flavoured with onion, and made half with milk and half with stock.

## CREAM OF ARTICHOKEs

2 lb. Jerusalem Artichokes.	1 small Onion.
1 Bay-leaf. 1 stalk Celery.	1 sprig Parsley.
2 pints White Second Stock.	1 pint Milk. $1\frac{1}{2}$ oz. Butter.
Pepper and Salt to taste.	Parsley. Whipped Cream.

*For 6 persons.*—Wash and peel the artichokes. Slice them into a basin of cold water and add the juice of a lemon, to prevent their losing colour. Melt the butter in a saucepan. Drain the artichokes and add them and the peeled sliced onion, and cook for 10 minutes, stirring constantly to make sure they do not brown. Add stock. Boil artichokes till tender. Rub through a hair sieve and return to saucepan. Stir in milk and white pepper and salt to taste. If wanted

creamier still, dissolve a dessertspoon of cornflour in 3 table-spoons of the milk. Stir this into the soup before bringing to the boil. If wanted richer, add cream to taste. Serve in cups or plates with a teaspoon of whipped cream, sprinkled with a little minced parsley, floating in each. *In season*—from October to February. If preferred, fried croûtons of bread can be served with the soup instead of the cream.

### BEAN PUREE

1 cup Haricot Beans.	1 cup Lentils.	1 Potato.
1 Carrot. $\frac{1}{2}$ cup Milk.	1 handful of Spinach or Sorrel.	
1 stalk Celery.	2 quarts Water or Second Stock.	
$\frac{1}{2}$ tablespoon Butter.	Salt. Pepper. Vinegar.	

*For 6 persons.*—Wash the beans and lentils and place them in a basin. Cover them with cold water, and soak for 12 hours. Half-fill a large saucepan with the water or stock. Add the drained beans, lentils,  $\frac{1}{2}$  teaspoon salt, and 8 peppercorns. Cover and bring to the boil. Meanwhile, wash the spinach or sorrel, discarding any wilted leaves, drain well, melt  $\frac{1}{2}$  tablespoon of butter in a saucepan, and throw in the leaves. Simmer, stirring occasionally, until tender. Meanwhile, prepare and slice the carrot and potato, and add to the beans and lentils. Cover, and continue cooking until the beans and lentils are tender, then add the cooked sorrel and any juice, and pass all through a fine sieve. Re-heat, flavour to taste with a little pure malt vinegar and re-season, if necessary, before serving, accompanied by a dish of fried croûtons. *In season*—September to March inclusive.

### CREAM OF BARLEY

1 quart Stock.	$\frac{1}{2}$ cup Pearl Barley.
1 slice Onion.	1 teaspoon Salt.
$\frac{1}{2}$ pint Cream.	2 Egg Yolks. Pepper.

*For 6 persons.*—Place the barley and onion in a saucepan. Add a quart of boiling water. Cover and cook for 45 minutes, then add the stock, cover, and cook till tender. Strain, season to taste. Stir the cream, heated, gradually, into the beaten egg yolks, then stir mixture into the soup. When thick, *but do not allow to boil*, add  $\frac{1}{2}$  cup of fried croûtons and *serve at once*. *In season*—all the year round.

### CREAM OF CARROT

$\frac{1}{2}$ pint Minced Carrots.	1 cup Minced Potatoes.
1 small Onion.	1 tablespoon Butter.
2 $\frac{1}{2}$ cups White Stock or Water.	2 heaped tablespoons Flour.
3 $\frac{1}{2}$ cups Milk.	1 teaspoon Castor Sugar.
2 small teaspoons Minced Parsley.	Pepper and Salt to Taste.



*For 4 persons.*—Put the carrots, onion, finely minced, potatoes, and water or stock in a saucepan. Simmer for 30 minutes with lid on pan, then rub through a fine sieve. Melt the butter in another saucepan. Stir in flour, and when frothy, the milk. Cook, stirring constantly, till boiling, then stir in by degrees to the puree. Stir till boiling, season to taste with pepper and salt, and add parsley, then serve. *In season*—all the year round.

### CREAM OF CELERY

2 heads Celery.	1 pint White Stock or Water
1 pint Milk.	(boiling).
1 small Onion.	1 tablespoon Flour.
1 tablespoon Butter.	$\frac{1}{2}$ teaspoon Salt. Parsley.

*For 4 or 5 persons.*—Wash, trim, and scrape celery, then cut into inches. Put it in a saucepan, pour in boiling water, then add salt, peeled, sliced onion, and a sprig of parsley. Cover, and simmer till soft, then mash in water, and rub all through a sieve. Melt the butter in a saucepan, stir in flour, and then enough of the hot milk to make a creamy sauce. Stir till boiling, add remainder of milk to the puree in another saucepan, then stir puree gradually into the sauce. Season to taste with pepper and salt, and serve, if for a family, accompanied by fried croûtons. If for a party, with a teaspoon of whipped cream floating in each cup. When I use stock instead of water I omit the onion. *In season*—September to the end of February.

### CREAM OF CAULIFLOWER

4 cups Hot Chicken or Veal Stock.	1 medium Cauliflower.
1 slice Onion.	1 stalk Celery. 2 cups Milk.
$\frac{1}{2}$ Bay-leaf. Salt to taste.	6 White Peppercorns.
2 tablespoons Butter.	2 tablespoons Flour.

*For 5 or 6 persons.*—Trim and soak cauliflower, head downwards, for 1 hour in cold water, then drain and cook in boiling salted water for 20 minutes. Keep back half of the flowerets, and rub the remainder through a fine sieve. Melt butter in a saucepan, add onion, minced celery, and bay-leaf, and cook 5 minutes. Then remove bay-leaf, put onion and celery through a sieve and return to butter, add flour, and dilute with hot stock. When smooth and boiling, stir in remainder of stock, sieved cauliflower, and milk. Re-heat, season to taste, add flowerets and serve. If for party use, add a teaspoon of whipped cream to each cup. Flavour soup with grated nutmeg to taste, if liked. *In season*—all the year round.

## CREAM OF CHESTNUTS

- |                                     |                              |
|-------------------------------------|------------------------------|
| 1½ pints White Stock.               | 1 tablespoon Flour.          |
| 2 cups Boiled and Mashed Chestnuts. | ½ pint Scalded Milk.         |
| ½ teaspoon Celery Salt.             | 1 slice Onion. 1 oz. Butter. |
|                                     | Salt and Pepper to taste.    |

*For 4 persons.*—Boil chestnuts, stock, onion and celery salt in a covered saucepan for 10 minutes, stirring frequently till the mixture comes to the boil. Rub through a sieve. Melt butter in another saucepan. Add flour, and when frothy, dilute with milk. Stir till smooth and boiling, then gradually stir in the puree. Season to taste, stir in the cream, and serve. If for a party, add a teaspoon of cream to each cup. *In season*—from November to February.

## CREAM OF CORN

- |                       |                              |
|-----------------------|------------------------------|
| 1 tin Corn.           | 1 pint Water or White Stock. |
| 1 quart Hot Milk.     | 1 teaspoon Salt.             |
| 2 tablespoons Butter. | 1 slice Onion.               |
| 2 tablespoons Flour.  | White Pepper to taste.       |

*For 6 persons.*—Heat the milk and onion together, then stand until milk is cold, when remove onion. Open tin of corn, and turn it into the stock or water, cover saucepan, and boil 20 minutes, stirring frequently to prevent burning. Melt the butter in another saucepan, add the flour, and when bubbling, gradually stir in the milk, then cook, still stirring, till slightly thick. Put the corn and water or stock through a sieve, and stir milk by degrees into the puree. Season with salt and pepper, and with a little sherry also, if liked. Serve, accompanied by fried croûtons or with a teaspoon of cream floating in each cup. *In season*—all the year round.

## CREAM OF CHICKEN

- |                         |                         |
|-------------------------|-------------------------|
| 1½ pints Chicken Stock. | 2 oz. Butter.           |
| ½ lb. Flour.            | ½ pint Milk.            |
| 1 Egg Yolk.             | ½ gill Cream.           |
| Salt, Pepper and Herbs. | Grated Nutmeg to taste. |
| 1 stalk Celery.         |                         |

*For 4 persons.*—Melt butter in a saucepan. Add flour. Stir till well mixed, and frothy, then gradually stir in chicken stock and milk. When smooth and boiling, season to taste, add 2 sprigs of parsley, a stalk of celery, a sprig of thyme, and ½ a bay-leaf. Cover pan, cook steadily for 45 minutes, then rub through a fine sieve, and return soup to saucepan. Beat the yolk of egg in the cream, in a double boiler, over boiling water, and gradually stir into the soup, but soup

must not boil after it is added or the soup will curdle. Any left-over breast of chicken can be cut into dice and added to soup. *In season*—all the year round.

### CREAM OF CUCUMBERS

- |                               |                           |
|-------------------------------|---------------------------|
| 2 large Cucumbers.            | 2 tablespoons Butter.     |
| 1 slice Onion.                | 3 or 4 tablespoons Cream. |
| 3 cups Chicken or Veal Stock. | 2 cups Milk.              |
| 2 Egg Yolks.                  | 1 blade Mace.             |
| 2 tablespoons Flour.          | 4 White Peppercorns.      |

*For 4 persons.*—Melt butter in a saucepan. Add peeled, sliced and seeded cucumber. Cover and simmer for 10 minutes. Then stir in flour, and gradually dilute with stock. Bring to the boil, then add milk, slowly heated in another saucepan, with the onion and the mace, then strain. Rub all through a sieve, re-heat till boiling, draw pan to the side, stir in cream and egg yolks, re-heat, stirring constantly, season to taste, and serve at once, without boiling again. If wanted for a party, add to each cup a teaspoon of whipped cream. *In season*—May to end of September.

### CREAM OF GREEN PEAS

- |                                |                           |
|--------------------------------|---------------------------|
| 2 pints Chicken or Veal Stock. | 1 quart Shelled Peas.     |
| 1 pint Milk. 1 oz. Flour.      | 1 oz. Butter.             |
| 1 teaspoon Sugar.              | Salt and Pepper to taste. |
| 2 Onions. Mint. Parsley.       | Cream to taste.           |

*For 6 persons.*—Throw the peas into boiling, salted water, enough to cover. Add sugar, 2 sprigs of mint, and cook for 20 minutes. Meanwhile, put the washed pea shells in another saucepan, with the stock, 2 small peeled onions, a sprig of parsley, and  $\frac{1}{2}$  pint water, and cook uncovered, stirring occasionally. When peas are ready, strain off, reserve 2 tablespoons, and pass the remainder with the mint, through a hair sieve. Then rub the green peashells and the stock through another sieve until all the soft green substance inside the shells has gone into the stock. Stir the pea purees together. Now melt the butter in a saucepan. Stir in the flour, and when frothy gradually stir in first the stock, then the puree. Keep stirring till boiling. Season to taste with pepper and salt, serve with reserved peas, or put all the peas into the soup and serve with croûtons of fried bread. For a party add a teaspoon of whipped cream flavoured with minced mint to each portion of soup. *In season*—from June to September.

## CREAM OF SPLIT PEAS

- |                             |                          |
|-----------------------------|--------------------------|
| 1½ cups Split Peas.         | 1 teaspoon Dried Mint.   |
| ½ cup Diced Celery.         | 1 tablespoon Cornflour.  |
| 2 tablespoons Minced Onion. | 3 pints Ham Bone Liquor. |

For 3 or 4 persons.—Soak peas overnight in cold water enough to cover. Drain, add to the ham liquor in the saucepan, then add celery, onion and pepper to taste. Cover and simmer till tender, for about 2 hours. Rub through a hair sieve. Return to saucepan. Dissolve cornflour in 2 or 3 tablespoons milk. Stir into the soup, bring to the boil, sprinkle in mint, serve with fried croûtons. Use fresh mint when obtainable. *In season*—from September to February.

## LENTIL PUREE

- |                       |                              |
|-----------------------|------------------------------|
| ½ lb. Red Lentils.    | 1 oz. Butter.                |
| 1 Carrot. 1 Turnip.   | 1 oz. Cornflour.             |
| 1 teaspoon Salt.      | 3 pints Cold Water or Stock. |
| 1 pint Milk. 1 Onion. | Pepper to taste.             |

For 6 persons.—Melt the butter in a saucepan. Add the washed and drained lentils and peeled and sliced vegetables. Fry, stirring constantly, for about 5 or 6 minutes, then add cold water or stock. Cover and simmer for 1½ hours, skimming frequently. Season with pepper and salt, rub through a fine sieve, return to saucepan and bring to boiling point. Mix the milk and cornflour to a smooth paste, stir into boiling soup, and simmer for 5 minutes. Serve accompanied by fried croûtons. Sometimes I make this recipe up with half split peas and half lentils. Sometimes I use ham bone liquor for the stock. *In season*—spring, summer and autumn.

## AMERICAN CREAM OF LETTUCE

- |                               |                       |
|-------------------------------|-----------------------|
| 3 Lettuces.                   | 4 tablespoons Butter. |
| 7 cups Chicken or Veal Stock. | ¾ cup Washed Rice.    |
| 1 teaspoon Minced Parsley.    | 1 pint Boiling Milk.  |
| Pepper and Salt to taste.     |                       |

For 6 persons.—Tear leaves from lettuces. Wash and finely chop. Drain well and fry in the melted butter. Season to taste. Add parsley, rice and stock. Cover and simmer 45 minutes. Pass through a fine sieve. Add boiling milk, and a little cream, and serve with fried croûtons. *In season*—from April to November.

## CREAM OF MUSHROOMS

- |                      |                                |
|----------------------|--------------------------------|
| ½ lb. Mushrooms.     | 4 White Peppercorns.           |
| 1 slice Onion.       | 1 quart Chicken or Veal Stock. |
| 1 cup Cream.         | 2 tablespoons Butter.          |
| 2 tablespoons Flour. | Salt and Pepper to taste.      |

*For 4 persons.*—Peel and chop mushrooms. Pour stock into saucepan. Add onion, mushrooms and peppercorns, then cover and simmer for 20 minutes. Rub through a sieve. Re-heat, melt butter in saucepan. Stir in flour, and when it froths, dilute with a little of the soup. Keep stirring, then gradually add the remainder of the soup, and then the cream. Season to taste. Serve when piping hot, but do not boil again. If wanted for a party, add a teaspoon of whipped cream to each portion.

### CREAM OF POTATOES

4 large Potatoes.	1 quart hot Milk.
2 tablespoons Butter.	1½ tablespoons Flour.
2 slices Onion.	1 tablespoon Chopped Parsley.
<i>Salt, Pepper and Celery Salt to taste.</i>	

*For 4 or 5 persons.*—Peel and boil the potatoes as usual. Put the onion and milk in the top of a double boiler, cover and cook over boiling water to boiling point. Strain the milk over the drained potatoes, then rub both through a sieve, and pour puree into a double boiler. Melt butter in a saucepan. Stir in the flour, and when frothy, stir in the hot milk mixture by degrees, and cook, stirring constantly, for 5 minutes. Add salt to taste, and parsley. If soup is too thick for your taste, thin with hot milk. If wanted for a party, add ½ cup of cream, stiffly whipped, before serving. *In season*—all the year round.

### PRINCE ALFRED PUREE

4 potatoes.	1½ pints Milk.	3 large Onions.
1 quart Well-flavoured Stock.		1 or 2 Egg Yolks.

*For 8 persons.*—Wash, peel and slice potatoes. Peel and slice onions. Place onions and potatoes in a saucepan with the stock. Cover and simmer for 1 hour. Pass through a hair sieve and return to saucepan. Beat up yolks of eggs and dilute with the milk, then stir into the soup. Keep stirring till soup is thick, but it must not boil. Season and serve with fried croûtons. *In season*—all the year.

### CREAM OF ONIONS

12 Silver Onions.	2 oz. Butter.
2½ tablespoons Flour.	3 cups Milk.
2 Egg Yolks.	½ cup Milk.

*For 4 or 5 persons.*—Peel and slice onions thinly. Fry 2 minutes in melted butter. Cover and simmer gently until

onions are soft, but not brown, then sprinkle with flour and cook 3 minutes, stirring all the time. Then add milk and turn into the top of a double boiler, and cook for  $\frac{1}{2}$  an hour over boiling water, when rub through a sieve, return to saucepan, strain slightly beaten egg yolks, diluted with an extra  $\frac{1}{2}$  cup milk, into soup just before serving, but season to taste and re-heat first. *In season*—all the year round.

### CREAM OF SPINACH

2 quarts Spinach.	3 oz. Fresh Butter.
2 quarts White Stock.	1 teaspoon Salt.
1 teaspoon Castor Sugar.	Pinch Grated Nutmeg.

*For 7 or 8 persons.*—Wash and boil spinach in its own juice. There should be a pint of it when cooked, chopped, and mashed into a fine paste. Place in a stewpan with the butter, nutmeg and salt, and cook for 10 minutes, stirring constantly. Add stock, boil up, and press through a sieve, re-heat and stir in 2 or 3 pats of butter and the sugar before serving, with fried croûtons. *In season*—all the year.

### CREAM OF TOMATOES

1½ lb. Tomatoes.	2 tablespoons Flour.
1 slice Onion.	1 quart Milk.
1 tablespoon Butter.	1 clove Garlic.
1 saltspoon Celery Salt.	1 saltspoon Ground Mace.
1 saltspoon Pepper.	½ teaspoon Baking Soda.

*For 4 persons.*—Wash tomatoes and place them in a saucepan with the onion, mace, pepper and garlic, and cook for 5 minutes. Heat milk in a double boiler, add butter or flour, kneaded together, and stir till sauce is smooth and slightly thickened. Strain tomatoes into a basin. Add soda, stir a minute, then gradually stir in the boiling white sauce. Serve in hot bouillon cups. Sprinkle soup lightly with paprika, and if wanted for a party, add a teaspoon of whipped cream to each cup. *In season*—all the year round.

### COCK-A-LEEKIE

1 Old Fowl.	1 Good Mutton Bone.
8 or 10 Leeks.	12 Prunes, steeped overnight
Pepper and Salt to taste.	in cold water.

*For 6 or 7 persons.*—Put an old fowl on to boil with a mutton bone and water enough to cover well. Skim when the water comes to the boil, then cover, and simmer for 3 hours. Add the leeks, cleaned, trimmed, green stalks

removed, and the white stems slit, washed well, cut into inches, then shreds, half-time, and the stoned prunes  $\frac{1}{2}$  an hour before the end of the time. Season to taste, remove the fowl and either serve it separately, covered with sauce, or use it up in a salad or curry, reserving one breast for chopping and adding to soup. This recipe can be made with 4 pints of chicken stock if preferred, but in this case only simmer  $1\frac{1}{2}$  hours. *In season*—all the year round.

### FISH SOUP

$\frac{1}{2}$ pint Milk.	6 pints Water.
6 Haddock Heads.	1 medium Onion.
1 tablespoon Mushroom Catsup.	1 small Haddock.
1 teaspoon Chopped Parsley.	1 oz. Butter.
Pepper and Salt to taste.	3 oz. Flour.
	Carrot. Turnip. Celery.

*For 8 persons.*—Prepare haddock heads and haddock. Wash and place in a saucepan with the water. Bring to the boil, skim, add peeled onion, 2 sprigs parsley, with stalks included, a slice of carrot, a slice of turnip, 2 stalks celery, if you have it, 6 white peppercorns, 2 cloves and one blade mace. Cover, simmer  $1\frac{1}{2}$  hours, then strain. Melt butter in another saucepan, stir in flour, then dilute with milk, adding gradually to save lumping. When sauce is smooth and boiling, stir in fish stock by degrees. You may need more flour, but it depends on how quickly you allow the soup to simmer. Season to taste with pepper, salt and minced parsley, and catsup only if liked. If a simpler recipe is wanted, omit all seasonings from the stock. The soup can be made with a cod's head. *In season*—all the year round.

**NOTE.**—The addition of a little cream improves soup. Sometimes, when making soup with the haddock, I remove it when tender, flake off the flesh and return the bones, etc., to the stock, and then return the flaked flesh to the soup when it is ready.

### SALMON BISQUE

6 oz. Tinned Salmon.	1 quart Milk.
1 teaspoon Salt.	2 tablespoons Flour.
2 tablespoons Butter.	White Pepper to taste.

*For 4 or 5 persons.*—Drain the oil from the salmon and carefully remove any skin and bone. Rub salmon through a hair sieve. Melt the butter in a saucepan, stir in flour and when frothy, gradually stir in  $1\frac{1}{2}$  pints of milk, brought to boiling point. When sauce is smooth, stir in remainder of milk, and the strained salmon. Cook until smooth and

boiling, stirring constantly. Season to taste with salt and pepper, and serve accompanied by little salted cream crackers. *In season*—all the year round.

### FISH CHOWDER

- |   |                 |
|---|-----------------|
| 1 lb. Cod or Haddock.                     | 1 pint Milk.    |
| 2 cups Chopped Potato.                    | 1 medium Onion. |
| 2 oz. Fat, Salt Pork.                     | 1 cup Water.    |
| <i>Salt, Pepper and Paprika to taste.</i> |                 |

*For 6 persons.*—Cut pork into small cubes and fry. Peel, and roughly chop onion and cook in fat until slightly brown, when add water and potatoes, and bring to the boil. Cover, and boil 5 minutes. Bone fish and flake flesh. Add flesh to the potatoes, cover, and simmer 15 minutes. Bring milk to boiling point. Stir into chowder, and season to taste with salt, pepper and paprika. *In season*—all the year round.

### GAME SOUP

- |                      |                             |
|----------------------|-----------------------------|
| 1 pint Bone Stock.   | 1½ pints Rich Game Stock.   |
| 1 Onion. 3 oz. Rice. | 1 large Carrot.             |
| 2 stalks Celery.     | 1 sprig Parsley.            |
| 2 oz. Celeriac.      | 1 tablespoon Game Dripping. |

*For 5 or 6 persons.*—Peel and dice celeriac. Scrape and dice carrot and celery. Peel and chop onion, and stir all in smoking hot dripping till the fat is practically absorbed. Add both stocks, parsley and a pinch of salt. Add rice. Cover, and simmer very slowly till vegetables are tender, when remove parsley and serve. *In season*—all the year.

## SOUP GARNISHES

### CHEESE CUSTARD

- |                                      |                  |
|--------------------------------------|------------------|
| 1 tablespoon Grated Parmesan Cheese. | Yolks of 4 Eggs. |
| ½ cup Milk.                          | ¼ teaspoon Salt. |

Beat yolks till thick. Stir in milk and salt. Strain custard into an oiled basin or mould, lightly stir in the cheese, cover with buttered or oiled paper, then place in a pan of hot water. Bring slowly to boiling point, turn down heat and cook in the water at simmering point for ½ an hour. Leave in mould till cold, then turn out and cut into crescents, diamonds, rounds or dice.

*To VARY CUSTARD.*—Omit cheese and substitute stock for the milk, or substitute ½ cup of spinach or asparagus purée for the stock and colour pale green. Use this garnish in clear soups and broths.



## EGG BALLS

2 hard-boiled Egg Yolks. |  $\frac{1}{2}$  teaspoon Melted Butter.

Rub yolks through a hair sieve. Season to taste with salt and cayenne. Moisten with raw egg yolk. With lightly floured hands, shape into marbles, roll in flour and fry in a little smoking hot butter. Serve as a garnish with any brown broth or consommé, or in mock turtle soup.

## FORCEMEAT BALLS

$1\frac{1}{2}$  cups Cooked Liver.

$\frac{1}{2}$  teaspoon Minced Parsley.

$\frac{1}{2}$  teaspoon Celery Salt.

3 tablespoons Breadcrumbs.

Pinch Crushed Herbs.

1 Egg. Onion Juice.

Mix the finely minced liver with crumbs, egg and seasonings adding a grating of onion juice, or  $\frac{1}{2}$  teaspoon chopped chives, if wanted. Moisten with milk, just enough to make mixture cling, shape into marbles with the palms of your hands. Drop in any boiling broth and cook in covered pan for 10 minutes.

## BREAD GARNISHES

1. Stale bread, cut in slices, one-third inch thick, then crusts removed. Spread with a scraping of butter. Cut into one-third inch cubes and either fry in smoking hot fat, or bake in the oven until delicately brown.

2. Stale bread, cut in one-third inch slices, then halved lengthwise. Spread with a scraping of butter, sprinkle with grated Parmesan, sprinkled with salt, cayenne and paprika, and bake till golden brown.

3. Bread cut in one-quarter inch thick slices, toasted on both sides, buttered, dusted with salt, cut in cubes and dried in the oven, or cut in one-quarter inch slices and fried in smoking hot butter, allowing one dessertspoon of butter to half a pint of the croûtons. Dust with salt before serving with creamed soups.

4. To make PULLED BREAD—cut crusts from a freshly baked loaf of bread, pull pieces of bread apart from the loaf. It is best to do this with a fork. Place on a baking tin, and bake in a very slow oven till pale brown and crisp.

5. Split water biscuits, and spread halves thinly with butter. Brown in the oven. Sometimes I sprinkle them with grated cheese as well before browning. Serve with broths.

# SAVOURY STUFFINGS

## HINTS FOR MAKING GOOD STUFFINGS

1. Bread stuffings are lighter moistened with milk or water than with egg.
2. If a bird is fat, like a duck or goose, use very little fat in the stuffing.
3. Don't over-season. Be especially careful with herbs.
4. If stuffing is forgotten, you can always cook it in a pie-dish and serve it with the meat, game, or poultry, but bake it carefully with a buttered paper on top or covered with rashers of bacon.

## SAGE AND ONION STUFFING

6 large Onions.	1½ oz. Butter.
1½ tablespoons Sage.	3 tablespoons Breadcrumbs.

Peel and chop onions, place them in a saucepan, cover with cold water, boil till tender, drain well and mince. Stir in the crumbs, minced sage and butter. Season to taste with pepper and salt. Use for stuffing ducks, goose or pork.

## SIMPLE HERB STUFFING

2 cups Breadcrumbs.	2 oz. Butter or Margarine.
2 teaspoons Minced Onion.	1 teaspoon Minced Parsley.
½ teaspoon Crushed, Mixed Herbs.	Pepper, Salt and Paprika to taste.

Mix sifted crumbs with onions, parsley, melted butter, herbs, and pepper and salt to taste. Thoroughly moisten with milk or water and use for stuffing roast chicken, veal, mutton or turkey.

TO VARY HERB STUFFING.—(1) Add chicken liver, thoroughly minced, to stuffing for chicken. Add turkey liver in the same way. (2) Add 1 oz. minced bacon, no matter what the stuffing is wanted for. (3) If stuffing is wanted to slice when cold it can be partly moistened with beaten egg to bind it. (4) If Continental cookery is liked, add ½ clove of garlic finely minced, to stuffing or variations.

## OATMEAL STUFFING

1½ cups Oatmeal.	3 tablespoons Chopped Suet.
2 Onions.	Herbs, Pepper and Salt to taste.
Milk or Egg to bind.	

Mix all well together and stuff chicken for boiling or rabbit for roasting with it.

## FARMHOUSE STUFFING

2 cups Hot Mashed Potato.  
2 tablespoons Minced Ham.  
1 Egg. 1½ teaspoons Salt.  
1 teaspoon Crushed Sage for Duck.

1½ cups Soft, Stale Breadcrumbs.  
1 finely chopped Onion.  
½ teaspoon Crushed, Mixed Herbs for Chicken.  
2 large tablespoons Butter.

Melt butter and stir into the other ingredients. 1 heaped teaspoon minced chives improves the stuffing.

## SIMPLE CHESTNUT STUFFING

1½ lb. Chestnuts.  
½ gill Milk or Cream.

1½ pints White Stock.  
2 oz. Butter or Margarine.

Pepper and Salt to taste.

Slit chestnuts with a sharp knife. Place in the oven for about quarter of an hour, then shell and remove the inner skin and place nuts in a saucepan with the stock. Cover and simmer until chestnuts are tender, then rub through a sieve. Place purée in a saucepan and stir in butter and milk. Season to taste. Use for stuffing turkeys.

## SAUSAGE STUFFING

½ lb. Lean Pork.  
½ lb. Breadcrumbs.  
½ teaspoon Sage.

½ lb. Fat Pork.  
2 Egg Yolks.  
Salt and Pepper to taste.

Put porks through a mincer. Stir in crumbs and sage. Add minced liver of bird for which stuffing is being made. Season to taste, and stir in egg yolks. Use for stuffing chickens, guinea fowl, turkeys, etc.

## APPLE STUFFING

2 cups Chopped Tart Apples.  
2 tablespoons Butter or Margarine.

1 tablespoon Minced Onion.  
1 cup Breadcrumbs.  
Water or Stock to moisten.

Pepper and Salt to taste.

Melt the fat. Fry onion till pale brown, then stir in apples, seasoning to taste, and crumbs. Add stock, and use for stuffing duck, goose or pork to be roasted.

## LIVER STUFFING

½ lb. Calf's Liver.  
1 small Onion.

2 oz. Bacon. Herbs.  
Pepper and Salt to taste.

Mince the liver, bacon and peeled onion. Fry bacon, then stir in other ingredients and fry all together. Season to taste with pepper, salt, and crushed herbs. Pound to a paste, then rub through a sieve. Use for stuffing poultry or game to be roasted.

**BACON STUFFING**

- |  |  |
|--|--|
| $\frac{1}{2}$ cup <i>Chopped, Fried Bacon.</i> | 2 cups <i>Breadcrumbs.</i>                   |
| 1 tablespoon <i>Mincd Onion.</i>               | $\frac{1}{2}$ teaspoon <i>Mincd Parsley.</i> |
| 1 tablespoon <i>Bacon Fat.</i>                 | $\frac{1}{2}$ cup <i>Stock.</i>              |

Mix all ingredients together and use for stuffing rabbit to be roasted.

**MUSHROOM STUFFING**

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 5 oz. <i>Mushrooms.</i>          | 1 oz. <i>Butter.</i>              |
| 3 oz. <i>Breadcrumbs.</i>        | 2 <i>Egg Yolks.</i>               |
| 1 teaspoon <i>Mincd Parsley.</i> | <i>Salt and Cayenne to taste.</i> |

Wash, peel and mince mushrooms. Melt butter in a frying pan, add mushrooms and cook till tender, then stir in crumbs, parsley, salt and cayenne to taste, and, if liked,  $\frac{1}{2}$  teaspoon grated lemon rind. Mix well with the yolks of eggs and use for stuffing boiled or roast fowls or turkeys.

**STUFFING FOR BAKED FISH**

- |   |   |
|---|---|
| 1 cup <i>Stale Breadcrumbs.</i>             | $\frac{1}{2}$ cup <i>Melted Butter.</i> |
| $\frac{1}{2}$ cup <i>Hot Water.</i>         | $\frac{1}{2}$ teaspoon <i>Salt.</i>     |
| $\frac{1}{2}$ teaspoon <i>Mincd Chives.</i> |   |

Mix ingredients all together, substituting onion if chives are not available. 1 teaspoon minced parsley can be added.

**GIBLET STUFFING**

- |  |                                       |
|--|---------------------------------------|
| 1 set <i>Giblets.</i>                    | 2 <i>mincd Onions.</i>                |
| 2 <i>chopped Apples.</i>                 | <i>Pepper, Salt and Crushed Herbs</i> |
| 2 cups <i>Soaked, Stale Breadcrumbs.</i> | <i>to taste.</i>                      |

Soak breadcrumbs in milk or water, squeeze dry, then measure. Stir in the other ingredients, after cooking the heart, liver and gizzard in water and chopping them. Use for stuffing poultry.

**FORCEMEAT BALLS FOR ROAST GAME**

- |   |   |
|---|---|
| 2 oz. <i>Butter or Suet.</i>            | 2 oz. <i>Breadcrumbs.</i>               |
| 1 <i>heaped teaspoon Mincd Parsley.</i> | 1 <i>Egg.</i>                           |
|   | <i>Herbs, Pepper and Salt to taste.</i> |

Mix the butter or minced suet with the crumbs. Season to taste with parsley, crushed thyme and marjoram, and pepper and salt, also paprika and celery salt, if liked. Moisten with beaten egg, divide into small "marbles," dip in flour, roll into balls with the palms of the hands and gently slip into boiling water. Simmer for 10 minutes, then drain and use as required, in hare or other game soups. If wanted to accompany baked hare, etc., egg and crumb after flouring. Fry a golden brown in smoking hot fat and drain well.

# FISH

## FISH IN THE MENU

**W**HEN you wish to introduce fish into your menus, be careful to balance it with something acid. For example, if you have fish cakes for breakfast, you should either serve them with an acid sauce, or do what I do—start the menu with an orange or grapefruit. If you have fried fish, boiled fish, or any other form of fish for lunch or supper, again, you must serve with it either a sharp sauce, or lemon, or have a sweet such as orange compote, gooseberries and custard and cream, or any stewed acid fruit, as well. This also applies to dinner. In the dinner menu, the acid can take the form of a salad, a tart sauce, or you could start the menu with grapefruit or a fruit cocktail. For that matter you could start lunch in the same way, or give fruit as dessert in preference to cooked fruit.

### TO DRESS FISH

Wash fish well in cold water: salted if the fish is slimy. Frozen fish should always be placed in cold water to have frost drawn out. On no account leave fresh fish lying in water.

Fish bought at the market are usually cleaned. Even so, they often need a little extra attention before they are cooked. Examine them to see that all the blood is removed from the backbone, and also any black skin in the cavity of the fish.

The latter should be removed by rubbing with a soft cloth dipped in salt. Rub any part of the backbone exposed, in the same way. Also look at scales. If not all removed, draw the back of your knife over the fish, beginning at the tail. All fish should be scaled in this way.

Suppose the fish come straight to you from some fisherman's basket, then before scaling them, cut off the fins and the tail, and also the head, unless you wish to cook fish with the head on, in which case, remove eyes.

The easiest way to trim fish, is to place it on paper, and use scissors for the tail and fins. If you want to remove the backbones, slit the fish in the under side of the belly, and remove all the intestines, etc., before taking out the bone. I find the easiest way to remove the backbone, is to

loosen it from the tail end, then pull it up towards the head, flattening the fish down and away from the backbone with a knife, as I pull. Of course, I never remove the backbone until I have removed the fins, head and tail, and scaled fish.

#### TO SKIN FISH

After cleaning and washing, dry fish with a cloth, remove fins, and IF THE FISH ARE FLAT, make a slit across the skin, on the dark side above the tail, then, dipping your fingers in kitchen salt, carefully work up a tiny bit of the skin, or raise it with the point of a knife. Then, taking hold of the skin, between the thumb and finger, work skin away from the flesh with your other thumb, up the right side of the fish, then the left. When the fish is loose at the edges on both sides, holding the tail down on the board or paper with the other hand, pull the skin quickly from the tail to the head, when it should come off clean, then skin the other side in the same way.

To skin ROUND-BODIED FISH, such as haddock, whiting, etc., first scale, then remove fins, head and tail, then wash, dry and cut with a sharp knife through the skin from head to tail on both sides of the backbone. Then with fingers dipped in salt, and the help of a knife, carefully draw the skin away from the flesh, loosening it gently, as you work from the head towards the belly and tail. Do both sides in the same way.

#### TO FILLET FISH

FLAT FISH.—Make a straight, long cut with a sharp-pointed knife, right down the middle of the body from head to tail, then cut down each side of the fins, at the end of the flesh. Cut on both sides of fish, then start filleting on the dark sides. Take a broad-bladed but sharp knife, and inserting it into the cut at the back, nearest the head, on the left-hand side, cut the flesh away from the bone, keeping knife almost parallel with the bone, and pressed against it. Cut with long strokes. Once you have removed one fillet from the half of the back of the fish, turn the fish with the head towards you, and remove this fillet in the same way, working from the tail, then fillet other side by the same method. When fish are small, leave fillets whole; when large, cut in two.

ROUND-BODIED FISH.—Remove heads after washing and drying, then with a very sharp knife, cut down the dark

line on the back ridge, cutting right into the bone. Next remove with a sharp-bladed knife, the fillets from each side of the backbone, taking long, sweeping cuts when filleting. Examine carefully to be sure that there are no small bones left in the fillets. If there are, remove them. Round-bodied fish should be filleted from the head to the tail.

**TO AVOID FISH SPOILING.**—If fish cannot be used at once, pickle them. Frozen fish should be dried and cooked immediately the frost is out of it.

## HOW TO COOK FISH

**FILLETS.**—(1) Flour, dip in batter, then in egg and bread-crumbs, in oatmeal or cornmeal, and either fry in shallow or deep fat. (2) Boil or steam, and serve with sauce, and garnish with lemon and parsley or fennel. (3) Bake in a fireproof dish, covered, or with a buttered paper on top.

**FISH SUITABLE FOR BAKING.**—Sea bream, cod, haddock, halibut, mullet, salmon, trout, carp, flounders, hake, mackerel, herring, sturgeon, John Dory, sole, gurnet, eels, whiting, brill, plaice, turbot.

**FISH SUITABLE FOR BOILING AND STEAMING**—Cod, haddock, herring, mackerel, sea trout, river trout, herring roe, carp, halibut, hake, flounders, salmon, sturgeon, John Dory, gurnet, eels, brill, skate, bream, turbot.

**FISH SUITABLE FOR GRILLING AND FRYING** Bloaters, kippers, flounders, river trout, sardines, salmon steaks, cod steaks, cod roe, carp, John Dory, herring, smelts, skate, sturgeon steaks, halibut steaks, sole, plaice, sprats, gudgeon, eels, mullet, sea bream, mackerel, whiting, whitebait, megrims.

**FISH CAKES : KEDGEREE : PUDDINGS : SOUFFLES, ETC.**—Haddock, sea bream, turbot, hake, halibut, salmon, cod, brill, gurnet.

## TO BAKE WHOLE FISH

Clean fish, take out eyes if head is left on, wipe, and rub all over with salt, pepper, and lemon juice. Fill with a savoury stuffing, sew the edges together, then place in a buttered baking tin. If head is left on, you can skewer fish by putting skewer through the tail, into the middle of body, then through the head, then draw it up into the shape of an "s." Dredge it with flour, cover with strips of bacon or salt pork, pour  $1\frac{1}{2}$  gills water or stock into tin, and

add 2 tablespoons butter or bacon fat, and baste fish every 10 minutes. Bake in a hot oven—350 to 375 degrees Fah.—allowing 10 minutes for every pound of fish, and 10 minutes extra.

Serve on a hot dish lined with a lace paper d'oyley. Garnish with sprigs of parsley or fennel; serve with the liquor or with melted butter or any fish sauce.

NOTE.—Fish can be baked in a simpler fashion like this:—Place in a buttered pan or fireproof dish, pour milk round, season to taste, cover with buttered paper, and bake 20 to 30 minutes.

#### STUFFING FOR BAKED FISH

1 cup Fresh Breadcrumbs.	$\frac{1}{2}$ teaspoon Salt.
1 teaspoon Grated Onion or Minced Chives.	2 tablespoons Melted Butter.
$\frac{1}{2}$ teaspoon Crushed Herbs.	1 teaspoon Chopped Parsley.
	Pepper and Paprika to taste.

Mix the crumbs and seasonings together, then stir in the melted butter, or margarine if preferred. If wanted moister, add a little milk. Rub the inside of the fish with a cut clove of garlic, before stuffing, if liked.

#### SPANISH STUFFING

1 cup Tomato Pulp.	1 cup Stale Breadcrumbs.
$\frac{1}{2}$ cup Minced Celery.	$\frac{1}{2}$ teaspoon Minced Parsley.
1 tablespoon Minced Shallot.	2 tablespoons Butter or Bacon Fat.
$\frac{1}{2}$ teaspoon Crushed Herbs.	
1 tablespoon Minced Pimento.	

Put the tomato pulp—tinned or fresh—in a saucepan. Add celery, herbs, pimento, parsley and shallot, and simmer 10 minutes. Stir in crumbs, and keep stirring till they have absorbed all the moisture, only add the fat if the fish is dry. Use when slightly cool.

#### SAUCES TO USE WITH PLAIN BAKED STUFFED FISH

Always try to choose a sauce that is a good contrast in colour to the fish, as for example, sauce tartare to go with salmon. If fish is very dry, choose an oily sauce. If fish is oily, use a sauce almost free from fat.

Cucumber Sauce	Hollandaise Sauce
Tomato Sauce	Catsup Sauce
Maitre d'Hôtel Butter	Hot Sauce Tartare
Tomato Mayonnaise	

NOTE.—It is a good idea to bake and serve fish in a fireproof dish.



## TO BOIL FISH

Choose whole small fish, or thick steaks of large fish. If you have a fish kettle, lay the fish on the rack, after cleaning, and rinsing it in cold, salted water, removing the fins and taking out the eyes if there are any. If you have no kettle, either wrap and pin the fish into a piece of cheese cloth, or place it on a plate, and tie a cloth around it, to enable you to lift it from the water after it is cooked. To boil, whether you use water or court bouillon, allow just enough boiling liquid to cover fish. If water, add 2 teaspoons of salt to every quart, in order to firm the fish, and 2 teaspoons lemon juice or pure malt vinegar, in order to whiten its flesh. Water must only simmer after fish is added. Boil 10 to 15 minutes for every pound of fish, according to thickness, and 10 minutes extra for a large fish. The water must only simmer. When fish looks curdled it is ready. *Do not put fish on to boil too soon.* It should be served immediately after it is ready. Drain well before serving.

Serve on a hot dish lined with a lace paper d'oyley, garnished with lemon and parsley, or fennel, and serve with any of the following sauces.

**SAUCES TO SERVE WITH BOILED FISH.**—Egg, parsley, caper, oyster, shrimp, anchovy, hollandaise, lobster, lemon, egg and parsley, mussel, fennel, sauce tartare, mayonnaise, cucumber, melted butter, tomato.

## TO FRY FISH

Fish can be fried whole or filleted, in shallow fat or in deep fat, coated with egg and breadcrumbs, cornmeal, sifted oatmeal, flour, or in batter, in order to preserve the flavour and moistness of the fish when frying, and also to prevent the fats soaking into the fish. Fish steaks can be cooked in the same way.

To prepare fish for frying—wipe with a damp cloth, dip into seasoned flour, then place in a plate containing an egg, slightly beaten with a tablespoon of cold water, then into dried crumbs, finely crushed and seasoned with a teaspoon salt and  $\frac{1}{4}$  teaspoon pepper to each  $1\frac{1}{2}$  cups crumbs. Brush fish with a pastry brush dipped in the egg, then lift fish from the egg on the blade of a palette knife, and place it upside-down in the prepared crumbs. Brush again with egg the portion of fish that lay on the knife, and sprinkle this place with crumbs to make sure that the fish is evenly

coated. Shake lightly to get rid of any loose crumbs. Instead of using egg and crumbs, you can dip the floured fish in batter. Dip in milk before rolling in cornmeal or sifted oatmeal for frying. Once the fish or fillets are prepared, put them one at a time into smoking hot fat, or two at a time, if using a large amount of fat. Place in fat skinned side downwards, to prevent curdling.

**TO PREPARE THE FAT FOR FRYING FISH.**—Use 1 or 1½ lb. clarified dripping fat, lard or olive oil, for deep frying, and an iron stewpan. Let the fat heat till a blue smoke comes from it—temperature 350 to 380 degrees Fah., then add fish or fillets, as already suggested. You can put them in a wire basket and then lay them in the fat, or fry them direct in the fat. When crisp and golden brown, remove and drain on crumpled paper, arranged in a colander or wire sieve. Re-heat fat between each frying. When making fish cakes, fry four at a time. After all the frying is done, let the fat cool for quarter of an hour, then strain it into a basin, when it can be used again.

**NOTE.**—If when frying fish the fat is not smoking hot, the fish will be greasy, soft and not fit to eat.

#### BATTER FOR COATING FRIED FISH

1 small Egg.	2 oz. Flour.
½ gill Warm Water.	1 tablespoon Olive Oil.

Sift flour, and a pinch of salt and pepper into a basin, then make a hollow in the centre. Stir in by degrees, first oil, then egg, then 2 tablespoons of the water. Stir in enough flour to form a paste, then add flour and water alternately till all are used up. If you add water all at once, the batter may lump. It should be thick enough to coat the back of a spoon. Stand, if possible, 1 hour before using, then wash, dry and dip fish, or fillets in seasoned flour, then in the batter. Lift with a skewer or fork, and allow some of the batter to run off, then drop gently into the boiling fat, fry 5 minutes until golden and then drain. Allow 1 tablespoon flour to 1 pound of fillets.

**SAUCES TO SERVE WITH FRIED FISH:**—Sauce tartare, maitre d'hôtel butter, sauce meuniere, hollandaise, brown butter, tomato mayonnaise.

#### TO GRILL FISH

Wipe fish with a damp rag, then brush it with salad oil or melted butter or bacon fat. Place on an oiled grill,





1—Flour the fillets and brush them over with beaten egg.

2—Next, roll them in fine dried breadcrumbs.



3—Fry them in shallow fat, using a fish-slice and a knife for lifting.

4—Turn the fried fillets on to a paper-lined tin to drain.





5. Testing deep fat  
for frying temper-  
ature 350 380 F

6. Wash, peel, dry  
and cut potatoes into  
slices  $\frac{1}{4}$  in. thick  
then into strips



7. Fry chips quickly for about ten  
minutes till golden brown

8— How to serve fried fish and chips



PREPARE FISH AND CHIPS

**LEMON BASKETS.**—Use for sauce to accompany fish.

**Eggs.**—Slice lengthwise, and use for garnishing fish salads, or shapes. **SIEVED EGG**—over mayonnaise or creamed fish.

**EGG DAISIES.**—The whites cut into strips and the yolks sieved in the centre, to decorate the top of creamed fish, or a mayonnaise.

**MUSTARD AND CRESS, HEART OF LETTUCE LEAVES, SPRIGS OF PARSLEY AND FENNEL.**—Use washed, dried and crisp for fish salads and mayonnaise.

**CUCUMBERS.**—Cut with a garnishing knife in ridged slices and arrange round cold, boiled fish, or fish salad. Make cups out of thick slices of cucumber for individual servings of sauces.

**SHREDDED LETTUCE ; RADISH ROSES ; FRINGED CELERY.**—With fish salads.

**SHRIMPS, CHOPPED SMOKED SALMON AND ROLLED ANCHOVIES.**—With fish salads.

**STRIPS OF PIMENTOS AND SLICED STUFFED OLIVES.**—With fish salads.

## COURT-BOUILLON

(Stock for boiling fish)

2 <i>quarts Water.</i>	1½ <i>teaspoons Salt.</i>
8 <i>medium Carrots.</i>	1 <i>Onion.</i>
1 <i>sprig Parsley.</i>	1 <i>sprig Thyme.</i>
1 <i>Bay-leaf.</i>	1 <i>tumbler Vinegar.</i>
	1 <i>Clove.</i>

Peel the carrots and onions, wash the parsley and thyme, and place all the ingredients in a saucepan. Cover and simmer very slowly for 1 hour, then strain into a basin. When required, add a pint of water to this quantity and use.

**TO VARY COURT-BOUILLON.**—Add another carrot, and 2 more onions—when wanted to use with a dry white fish. If the flavour of garlic is liked, add a clove of garlic. Half water and half white wine can also be used in the recipe.

**BRETON COURT-BOUILLON.**—Use half milk and half water, with seasoning to taste. This simple recipe is good for using with cod and salt fish.

**COURT-BOUILLON AU BLEU.**—Use first recipe, substituting red wine for white.

## BREAM

**FRESH WATER BREAM.**—Boil. Serve with sauce tartare or Dutch sauce.

**SEA BREAM.**—Bake, boil, fry or grill. Serve with suitable sauce. See page 111 *et. seq.* Very good stuffed.

### BREAM À LA PORTUGAISE

- |                           |                           |
|---------------------------|---------------------------|
| $1\frac{1}{2}$ lb. Bream. | 1 Onion.                  |
| 1 gill White Wine.        | teaspoon Chopped Parsley. |
| 8 oz. Butter.             | pint Tomato Sauce.        |
| Pepper to Taste.          | Salt to taste.            |

*For 3 or 4 persons.*—Either leave bream whole, or fillet in slices  $\frac{1}{2}$  an inch thick. Melt the butter in a saucepan, add a chopped onion, and fry till light brown, then put in the bream and add wine, parsley, sauce, and pepper and salt to taste. Cover, and simmer gently for 5 minutes, then remove the lid and continue cooking slowly for 10 minutes. Turn into a hot dish, and pour over the sauce.

### BRILL

Can be cooked like turbot. Good hot or cold. Hot served with boiled potatoes and caper or mayonnaise sauce. Cold with mayonnaise sauce. Best, August to April.

### BRILL AU GRATIN

- |                           |                               |
|---------------------------|-------------------------------|
| $1\frac{1}{2}$ lb. Brill. | $\frac{1}{2}$ lb. Mushrooms.  |
| $\frac{1}{2}$ oz. Butter. | $\frac{1}{2}$ cup White Wine. |
| Lemon Parsley.            | Breadcrumbs.                  |

*For 3 or 4 persons.*—Rub the white side well with lemon juice, then place the butter, cut into small pieces, peeled and sliced mushrooms, and  $\frac{1}{2}$  teaspoon minced parsley, in the bottom of a fireproof dish. Arrange fish on top, either whole or in fillets. Sprinkle with pepper, pour white wine over, and sprinkle with crumbs. Bake 20 minutes, basting frequently.

### BRILL WITH MUSTARD BUTTER

- |                             |                              |
|-----------------------------|------------------------------|
| 1 large Brill.              | 2 tablespoons Butter.        |
| 2 tablespoons Fish Stock.   | 1 teaspoon Glaze.            |
| 2 teaspoons Lemon Juice.    | 2 teaspoons Chopped Parsley. |
| 2 teaspoons French Mustard. | 2 Egg Yolks.                 |

*For 6 persons.*—Boil brill for 20 minutes, or longer, till ready, or steam till tender. Drain, and serve on a hot dish lined with a lace paper d'oyley.

**TO MAKE SAUCE.**—Melt butter, and when it turns brown, drain it into a double boiler, containing the fish stock, lemon juice, parsley and mustard. Stir in glaze and egg yolks, and keep stirring till thick, but do not boil. Serve in a hot sauce-boat.

**FRIED CARP****1 large Carp.****Flour.****Grating of Nutmeg.** **$\frac{1}{2}$  cup Vinegar.****Pepper and Salt.****Fried Parsley.**

**For 6 persons.**—Clean and remove the roe from fish, then split carp down the back. Stir pepper and salt, nutmeg and a small dash of fresh herbs into the vinegar, and pour over the fish. Marinate for  $\frac{1}{2}$  an hour, then drain, dip in flour, shake, and fry in a little hot butter, lard, or oil. When half-ready, add roe and fry also. Serve garnished with fried parsley. Best November to March.

**BAKED COD STEAKS AU GRATIN****3 thick Cod Steaks.** **$\frac{1}{2}$  cup Grated Cheese.** **$1\frac{1}{2}$  cups Milk.****Pepper, Paprika and Salt.**

**For 4 to 6 persons.**—Wipe the steaks, and dip them in seasoned flour. Shake, and place in an oiled fireproof baking dish. Pour the milk round, sprinkle lightly with salt and pepper. Cover, and bake about  $\frac{1}{2}$  an hour, according to the thickness of the fish, in a moderate oven—from 350 to 375 degrees Fah. Remove lid, sprinkle with grated cheese, and bake till cheese is melted and browned. If no casserole available, cover with a buttered paper. *In season*—all the year.

**FRIED COD STEAKS****3 to 4 Cod Steaks. Cornmeal.****2 dashes freshly ground White Pepper.****1 lb. Salt Fat Pork.****2 teaspoons Lemon Juice.****3 teaspoons Minced Parsley.**

Sprinkle steaks, which should be  $1\frac{1}{2}$  inches thick, with a little salt, and leave them for 2 hours before cooking. Cut the pork into dice. Fry pork till all the fat is fried out, then remove the pieces of pork and use them in a curry or creamed. Dip the cod steaks either in cornmeal or oatmeal, or flour, egg and crumb them. When fat is smoking hot, fry them on one side till dark brown, then turn and fry on the other. Serve at once in a dish lined with a lace paper d'oyley. Sprinkle with lemon juice and freshly ground pepper. Garnish with fingers of lemon and sprigs of parsley. Serve with new boiled potatoes and a green salad. If sauce is wanted, use anchovy or tartare, or tomato catsup. Allow 1 steak per person.

**FRIED COD'S ROE AND BACON** **$1\frac{1}{2}$  lb. Cod's Roe.****1 dessertspoon Vinegar.****1 sprig Parsley.****1 Egg.****1 small Onion.****6 Peppercorns.****1 Bay-leaf.****Breadcrumbs and Frying Fat.**



*For 4 to 5 persons.*—Wash roe in salt and water. Place in a saucepan with a sliced onion,  $\frac{1}{2}$  teaspoon salt, parsley and bay-leaf. Cover with boiling water. Simmer for about 1 hour. Remove from pan, drain well, flour, and cut into thick slices, flour, egg and crumb, and fry in either deep or shallow smoking-hot dripping until crisp and brown. Drain and serve on a hot dish lined with a lace paper d'oyley and garnished with rolls of fried bacon.

### FRIED EELS

Clean well and cut in two-inch slices. Wash and wipe dry. Dip in flour, cornmeal or oatmeal, and fry in a little smoking hot fat, slightly salted, or dip in batter, or flour, egg and crumb and fry. Drain and sprinkle with salt. Serve garnished with fingers of lemon and fried parsley. Serve hot with tomato catsup or sauce, or cold with mayonnaise, and cucumber or tomato salad. Eels can also be baked.

### FLOUNDERS

*To FRY.*—Clean, and rub well inside and out with salt to make them firm, two hours before cooking. Flour, egg and crumb, and fry in smoking hot fat or oil, from 10 to 15 minutes, depending on size. Allow 6 ounces per person.

*To GRILL.*—Clean, wash, dry and brush with oil, then sprinkle with salt and black pepper. Grill, and serve with caper sauce, or tomato sauce. Garnish parsley or lemon. *In season*—all the year.

### FLOUNDERS DELMONICO

3 Flounders (1-lb. each).	1 oz. Butter.
3 Minced Shallots.	$\frac{1}{2}$ teaspoon Beef Extract.
$\frac{1}{2}$ teaspoon Minced Parsley.	Juice of $\frac{1}{2}$ Lemon.
1 gill White Wine.	1 teaspoon Salt.
3 tablespoons Fresh Breadcrumbs.	$\frac{1}{2}$ teaspoon Pepper.

*For 6 to 8 persons.*—Skin flounders, and make a slit from head to tail on the thick side of fish, then, with a sharp, broad-bladed knife, lift up fillets from the bone of each, without separating them from their bodies. Knead butter, beef extract, minced shallots, minced parsley, and lemon juice together with a wooden spoon and spread this mixture under the raised fillets, then place them in a lightly buttered baking dish. Pour 1 gill white wine round. Sprinkle with breadcrumbs, season with salt and pepper, dab with one or two bits of butter, and bake in a hot oven for 45 minutes.

**GUDGEON**

White or silver most delicate.

**To Fry.**—Remove fins and gills, make a slit on the underside of each and force up the intestines through the slit. Clean, wash, dry thoroughly, dip in milk, drain, dip in flour, and fry till crisp in deep, smoking hot fat. Drain, serve on a hot dish lined with a lace paper d'oyley, accompanied by cayenne, cut lemon and brown bread and butter. Allow 2 or 3 per person. Can be egged and crumbed, if liked, before frying. *In season*—June to November.

**GURNET**

**To Boil**—Clean, wash, and remove fins and gills. Cover with warm water. Add salt to taste, and simmer gently for about half an hour. Serve with anchovy or parsley sauce. 1 medium gurnet enough for 2 or 3 persons. Can also be cooked by any recipe given for haddock. Good baked and stuffed. *In season*—October to March.

**HADDOCK**

Can be boiled, stuffed and baked, or egged and crumbed and fried, or cooked by any of the methods used for sole and plaice. *In season*—all the year round.

**DEVONSHIRE HAKE**

Run a thin coating of melted butter or bacon fat over a baking tin. Cover with inch-thick slices of hake dipped in breadcrumbs, seasoned to taste with minced parsley, minced cheese, and minced onion, and then sifted flour moistened with vinegar. Bake gently for  $\frac{1}{2}$  an hour, then drain and serve with any sharp fish sauce.

Can also be cooked by any recipe used for cod. Good for made-up fish dishes. It can be stuffed and baked like a haddock, or treated like halibut. *In season*—all the year round.

**CURRIED HAKE**

One and a half inch thick hake steaks, seasoned to taste, and brushed with melted butter. Grill and serve with hot curry sauce and boiled rice.

**HALIBUT FLAMANDE**

**3 lb. Halibut.**

**1 pint Water.**

**2 sprigs Parsley.**

**1 teaspoon Salt.**

**2 tablespoons Vinegar.**

**1 sliced Onion.**

**Juice of  $\frac{1}{2}$  Lemon.**

**Grated Cheese. Egg.**

*For 7 persons.*—Cut halibut into three equal slices. Place them in a saucepan with vinegar, water, onion, parsley, lemon juice and salt. Cover, and simmer for 20 minutes. Then gently lift slices, with a skimmer, and place them in a buttered fireproof dish. Remove the spinal bones. Brush with beaten egg, dab with butter. Sprinkle with grated Gruyère or Cheddar cheese. Bake 10 minutes in the oven. Serve with a green salad. *In season*—all the year.

### CREOLE HALIBUT

2 lb. Halibut.	1 cup Water.
2 cups Tinned Tomatoes, or	2 slices Onion.
Fresh Tomato Pulp.	2 teaspoons Castor Sugar.
3 Cloves.	3 tablespoons Flour.
3 tablespoons Butter.	12 Cloves.

*For 4 or 5 persons.*—Simmer tomatoes with onion, with cloves, sugar and water, in a covered pan for 20 minutes, then rub through a hair sieve. Melt butter in a saucepan. Add flour. Stir till well blended, then stir in gradually the tomato puree, and bring to boiling point. Boil 2 minutes. Wipe halibut with a damp cloth, place in a buttered fireproof dish, stick on top with the cloves, pour round half the sauce, and bake in a hot oven for 45 minutes, basting every 5 minutes with the sauce. Serve in dish, accompanied by remainder of sauce. Serve with salad and new potatoes.

### STUFFED BAKED HALIBUT STEAKS

Fry halibut steaks till pale brown on one side. Make sandwiches with steaks, putting the cooked sides together, with a savoury bread filling between. Place in a buttered fireproof dish, brush the tops with oiled butter, sprinkle with parsley and a grating of onion, or chopped chives, cover and cook gently for 40 minutes.

NOTE.—Halibut can also be boiled and served with a suitable sauce, or cut into steaks and egged, crumbed and fried, and served with cut lemon and a sauce.

### HERRING

Nutritious and wholesome grilled, or fried and served with mustard sauce, or stuffed and baked. Also good pickled and served with potato salad. *In season*—all the year.

*To Boil.*—Clean, wipe and cook slowly in boiling salted water, sharpened vinegar, for 5 minutes. Serve with boiled potatoes and mustard sauce.

**TO FRY.**—Make 3 gashes across each side, after cleaning and drying. Roll in cornmeal or oatmeal, and fry in a little smoking hot fat. The heads can be removed, and the backbones taken out before frying, if liked.

**TO GRILL.**—Split and bone, after cleaning and drying. Remove heads, or leave heads on and score sides with 3 slits. Place on a buttered grill, and cook for 4 or 5 minutes. Or, brush them with melted butter or salad oil before placing them on a dry grill. Sprinkle with salt and pepper either before or after cooking. Serve fried or grilled on a hot dish lined with a lace paper d'oyley and garnished with fingers of lemon. Allow 2 ounces of fat to fry 4 herring.

### PICKLED HERRINGS

5 large Herring.	3 tablespoons Flour.
1 small Onion.	12 Peppercorns.
2 Bay-leaves.	$\frac{3}{4}$ pint Vinegar.
$\frac{1}{2}$ pint Water.	Pepper and Salt to taste.

Wash, dry, and split herring in halves lengthwise. Remove backbones, heads, tails and any small bones that you can see. Mix flour with a dash of pepper and salt. Dip each fillet of fish into this, shake off all the flour that does not stick to them, then roll up the fillets neatly with the skin on the outside. Arrange in a buttered pie-dish, alternately with the roes, floured in the same way. Peel and cut onion into rings and place rings and bay-leaves among the fillets. Sprinkle in peppercorns, and pour over the vinegar mixed with the water. If not enough liquid to cover the fish, add a little more vinegar and water in the same proportions. Cover, and bake *very slowly* in the oven for  $1\frac{1}{2}$  hours, then remove lid, and slightly brown. Serve hot or cold, with potato salad.

### BOILED JOHN DORY

Can be cooked like turbot. Remove the fins, but keep on the head, before boiling in warm salted water. Simmer gently for 15 minutes, or longer if the fish is large. Serve on a hot dish lined with a lace paper serviette, garnished with lemon or parsley. Anchovy, salmon and shrimp sauces are suitable to accompany it. *In season*—July to March.

### JOHN DORY A LA CRÉME

John Dory.	Pinch Ground Clove.
Chablis, Graves, Sauterne, or	Pepper and Salt.
Milk to cover.	Pinch Grated Lemon Peel.

Be sure to get a John Dory with a roe, which first of all remove and wash, then replace, before putting fish into a buttered fireproof dish. Sprinkle with pepper and salt, ground clove and lemon peel, then pour over enough Chablis, Grave, Sauterne, or milk to cover. Cook quickly in a hot oven. Drain and serve with sauce made from 1 tablespoon olive oil, 2 tablespoons lemon juice, 1 egg yolk, twice its weight of cream and a dash of vinegar. Whisk well before serving.

NOTE.—John Dory is also good stuffed and baked.

### MACKEREL

Nourishing fish, which should not be eaten by those who wish to reduce. Ought to be served within 12 hours of catching, if possible. Not easily digested. Can be baked, boiled, fried, or grilled, or pickled. If you suffer from rash after eating mackerel, do not touch it again. Serve fennel, parsley, or tarragon sauce with boiled or grilled mackerel. If you can wrap them in fennel before grilling, their flavour will be improved. Best November to January.

To BOIL.—Cleanse, wash, and remove heads and fins. Scrape and slice a carrot and onion into a saucepan or fish kettle. Add 1 sprig of parsley, a sprig of thyme, a blade of mace, 10 peppercorns, a dessertspoon of salt and water to cover (cold). Add fish, bring to the boil and simmer gently. Serve drained well on a hot dish lined with a lace paper d'oyley, with fennel, gooseberry or tarragon sauce.

To FRY.—Fry in a little smoking hot butter, and serve with pats of lemon butter on top.

To SOUSE.—Cleanse, wash and remove heads from mackerel. Place in a saucepan in cold water, salted to taste, and sharpened with lemon juice and vinegar. Cook gently for about 20 minutes, then drain well and place in a deep dish. Bring half a pint of vinegar, 4 white peppercorns, 2 cloves, 2 bay-leaves, and pepper and salt to taste, to the boil. Add 1 gill olive oil. Boil 5 minutes, then pour over fish. Stand 24 hours. Serve turned on to a dish, with the liquor round, garnished with fennel or parsley, and sliced lemon.

### FILLETS OF MACKEREL A LA MARIANE

2 Mackerel.

2 doz. Mussels.

$\frac{1}{2}$  lb. Fresh Butter.

2 chopped Shallots.

Chopped Parsley. Pepper.

1 glass White Wine.

*For 2 to 4 persons.*— Fillet the mackerel. Butter a baking tin, and arrange mackerel on tin. Sprinkle with parsley and pepper, shallots and wine. Place the mussels, carefully washed, round the fillets. Cover with a buttered paper, bake 15 minutes, arrange on a hot dish lined with a border of spinach, the mackerel in the centre, and the mussels round. Then cook the sauce, quickly, till it is reduced to half its quantity, add butter, bit by bit, stirring constantly, season if necessary and pour over.

### MULLET (GREY AND RED)

Red called the “Woodcock of the Sea,” superior to Grey, which is usually cooked like haddock and served with anchovy, Dutch, caper or tomato sauce. To clean mullet scrape lightly, then pull out the gill, with which comes away all the inside necessary to remove. Liver is always left in fish. The best way to cook Red Mullet is to bake or grill it. *In season*—July to October.

### RED MULLET EN CAISSES

4 Mullet.

2 oz. Butter.

1 tablespoon Salad Oil.

1 tablespoon Lemon Juice.

1 Shallot.

2 teaspoons Minced Parsley.

3 tablespoons Minced Mushrooms.

Salt and Black Pepper.

Clean mullets and remove fins. Place each fish on a sheet of buttered paper, season with black pepper and salt. Mix the shallot, butter, lemon juice, salad oil, minced parsley and minced peeled mushrooms together. Fry till formed into a savoury sauce. Brush the mullets well with oil, spread each side fairly thickly with the sauce, wrap each up in its piece of paper, twisting up the edges, and grill over a slow, clear fire, only turning fish once. This must be done with great care, to prevent them burning, or the fish not cooking through. Serve in the paper, on a hot dish, with maitre d'hôtel butter, or sauce tartare. A medium-sized fish will take about 20 minutes to cook in paper. Fish can be cooked in the paper in the oven as well as grilled.

**TO GRILL.**— Prepare as usual, dip in water quickly, then wipe and score them across two or three times. Now, taking all the ingredients given for the sauce in the last recipe, except the mushrooms, soak mullet in them for at least  $\frac{1}{2}$  an hour, turning them occasionally, then grill, turning once. Serve as above.

## PLAICE

Small ones known as dabs. Good rolled in seasoned oatmeal and fried, or floured, dipped in clarified butter, and cooked in a tin in the oven, basting well. Large plaice can be filleted and cooked by any of the recipes given for fillets of sole or haddock.

## SALMON

Be sure to wash salmon as little as possible. When fresh salmon is out of season, Dutch and Canadian is available. Cook salmon as soon as possible after it is caught.

**TO BOIL IN COURT-BOUILLON.**—Slice 1 scraped carrot, and 1 peeled onion. Weigh out 2 ounces of each, then melt half an ounce butter in a saucepan, and fry carrot and onion together with 2 teaspoons of salt,  $\frac{1}{4}$  teaspoon black pepper, 2 or 3 peppercorns, a small blade mace,  $\frac{1}{4}$  teaspoon grated horseradish, a few sprigs parsley and a good dash celery salt, if half an ounce of celery is not available. When vegetables are soft, add 1 pound fish trimmings, 1 quart warm water, and 1 gill wine or French vinegar. Bring to boil, skim thoroughly, and simmer steadily for 1 hour. Strain, bring to the boil, add salmon, bring quickly to the boil again, skin, cover, and simmer till flesh is curdled. Any thick fish can be cooked in this court bouillon. Allow 10 minutes to the pound and 10 minutes over.

**TO BOIL.**—Choose head or shoulders or middle-cut (best). Small fish can be boiled whole. Allow 5 ounces salt to each gallon of water used. Skim water well after boiling, before laying in the scaled and cleaned fish. Just re-boil, draw pan to the side and simmer steadily till fish is done, when it is coming away from the bone, then it must be lifted at once.

**TO STEAM.**—Lay fish on a trivet above the salted water. Allow 20 minutes to the pound and 20 minutes over, unless cut is thin, such as the tail. All imported salmon, such as Dutch or Canadian, tastes best after cooking in a court bouillon, see above.

## GRILLED SALMON

*Salmon Steaks of 1 lb. each.  
Pepper.*

*Salad Oil.  
Salt.*

Wipe slices of salmon with a clean cloth, and allow a gill of salad oil to every 4 slices. Brush the fish well with oil on both sides. Sprinkle with pepper and salt, grill for 15 minutes, turning occasionally, so that both sides are a pale brown. Serve with sauce tartare and cucumber salad.

## SALMON CREAMS

1 lb. Salmon.	2 tablespoons Butter.
2 tablespoons Flour.	1 cup Milk.
1 tablespoon Cream.	1 teaspoon Lemon Juice.
1 teaspoon Onion Juice.	1 Egg.

*For 4 persons.*—Rub boiled fish through a fine sieve. Stir in the stiffly beaten white of egg and stand till cool. Then melt butter in a saucepan. Stir in flour, and when frothy, add milk. Stir till thick, remove pan from fire, add yolk of egg, lemon juice, onion juice, and pepper and salt to taste. Return pan to fire. Stir till smooth but not boiling, then remove from fire and stir in salmon purée. Pack into individual oiled moulds, and serve turned out, when set, in the centre of green salad.

## SKATE

Should be steeped in cold water an hour before using. Can be boiled in salted water, sharpened with lemon juice or vinegar, and served with caper sauce, with black butter, or with cream sauce, flavoured with Worcester sauce or grated cheese. *In season*—October to May.

*To Fry.*—Cut into squares, let them soak for an hour in cold water, sharpened with vinegar, and along with a sprig of parsley and 4 peppercorns, then drain, dry, flour, egg and crumb, and fry in hot dripping till a light brown. Serve garnished with fried parsley.

## SMELTS

Cook like Gudgeon. Serve with brown bread and butter, and fingers of lemon. *In season*—October to May.

## FILLET OF SOLE DUGLÈRE

1 large Dover Sole (1 lb.).	1 chopped Shallot.
2 Tomatoes.	1 glass White Wine.
2 tablespoons Cream.	1 oz. Butter.
1 teaspoon Minced Parsley.	

*For 2 persons.* Dover sole is more expensive than lemon sole, but both can be cooked by the same recipes. Fillet sole, and place fillets on a small buttered baking tin. Arrange the chopped shallot, and peeled and quartered tomatoes round. Fillets should be folded in two after seasoning them with salt and pepper. Pour over a glass of white wine. Bake in a moderate oven 5 minutes. Remove fillets, strain liquid into saucepan, cook to half its quantity, then stir in butter,



and then cream. Serve fillets in a hot dish, masked with sauce. Sprinkle with parsley. *In season*—all the year.

### FILLETS OF SOLE FLORENTINE

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 Large Sole (1 lb.).     | Pepper and Salt.                |
| 1 glass Water.            | 4 tablespoons Spinach.          |
| 1 small cup Cheese Sauce. | 1½ tablespoons Grated Parmesan. |

*For 4 persons.*—Fillet sole, fold fillets in two and put in a small buttered tin. Season with salt and pepper. Add the water. Cover, and cook in the oven for about 20 minutes—until cooked right through. Drain well, then place in a hot fireproof dish, lined with cooked, buttered spinach. Pour sauce over, sprinkle with grated Parmesan, and bake in the oven till golden brown.

### PAUPIETTES OF SOLE

- |                           |                        |
|---------------------------|------------------------|
| 6 medium Fillets.         | ½ gill Fish Stock.     |
| ½ oz. Butter.             | 1 raw Egg Yolk.        |
| 1 tin Puree au Foie Gras. | 1 Cucumber.            |
| ½ oz. Flour.              | ½ gill Milk.           |
| 1 tablespoon Cream.       | 2 tablespoons Shrimps. |

*For 6 persons.*—Spread the skinned side of each fillet with foie gras. Fold in two, place in a buttered tin, cover with buttered paper, and bake for about 10 to 15 minutes. Meanwhile, melt butter, stir in flour, then fish stock, and milk. When sauce is smooth and boiling, draw pan to side of fire, and stir in cream and egg yolk, beaten together, then 2 tablespoons minced prawns or shrimps. Coat the paupiettes with this sauce, after arranging them in a hot dish. Serve cucumber, peeled, sliced, and stewed in ½ tablespoon butter, and seasoned to taste, round the fillets.

### TO MAKE MOCK WHITEBAIT

Cut fillets of sole into thin strips, 2½ inches long, and half an inch wide. Toss in flour, and season to taste with salt and pepper. Place in a frying basket, shake off any loose flour. Fry a few at a time in deep smoking hot fat till crisp and golden brown. Serve piled up in a hot dish lined with a lace paper d'oyley, accompanied by thin brown bread and butter, and fingers of lemon.

### SPRATS

Cook like Gudgeon. *In season*—November to March.

### TROUT

Treat SEA TROUT like Salmon. Split small trout open after cleaning and scaling, then grill and serve them like mackerel, or gash them diagonally two or three times across the side, about 1 inch apart, and grill like mullet. Serve with mayonnaise, or sauce tartare. Medium-size trout take from 10 to 15 minutes to fry or grill. *In season*—February to September.

HIGHLAND TROUT.—After fish is cleaned, scaled, washed and dried, dust with pepper and salt, then dip in fine oatmeal, mixed with a little minced shallot or chives. Fry in a little smoking hot butter or bacon fat. Serve garnished with lemon fingers.

TROUT MEUNIERE.—Flour fish and fry in butter for 5 or 6 minutes on either side. Serve with lemon juice and minced parsley added to butter in pan and poured over.

### TURBOT

Usually served in cuts. Best steamed, or wrapped in a piece of buttered paper, and baked in a well-buttered baking tin. Can also be filleted and cooked like any sole recipe or cooked in slices like Trout Meuniere. *In season*—all the year.

### TURBOT WITH SPANISH SAUCE

2 Turbot Steaks.	$\frac{1}{2}$ Lemon. 2 tablespoons Stock.
1 dessertspoon Tomato Catsup.	Pepper, Salt, Paprika and
2 tablespoons White Wine.	Cheese to taste.

*For 2 to 4 persons* Rub steaks with a cut lemon. Sprinkle lightly with pepper, salt and paprika. Place in a buttered, shallow, fireproof dish or baking tin. Mix catsup with equal quantity of water or stock, and spread over fish, then pour over stock mixed with wine. Cover with a buttered paper, bake for about  $\frac{1}{2}$  an hour, till flesh shows signs of leaving the bone, basting twice during the time, then remove paper, sprinkle thickly with grated cheese, finish off under the grill, and serve with chipped or new potatoes.

### WHITEBAIT

To "DEVIL" whitebait, sprinkle them freely just before the second cooking, with either freshly ground black pepper or cayenne.

To FRY.—Wash and rinse fish well. Stand on ice till required. Pick over carefully to see that they are perfectly

clean. Place fish, a few at a time, in a floured cloth, then in the frying basket. Shake lightly to remove superfluous flour, then plunge in smoking hot fat. Fry  $1\frac{1}{2}$  minutes, then drain on blotting paper. When all fish are cooked, let the fat re-boil, then plunge in the basket full of whitebait, right under the fat, and fry for a minute or two until crisp. Drain, serve piled up in a hot dish, lined with a lace paper d'oyley and garnished fried parsley. Pass thin brown bread and butter, on a plate, and quarters of lemon with fish.

### BAKED WHITING

*4 Whiting.*

$\frac{1}{2}$  *Lemon.*

$\frac{1}{2}$  *oz. Butter.*

$\frac{2}{2}$  *teaspoons Chopped Parsley.*

*For 4 persons.*—Clean, skin and remove heads from whiting. Place in a well-buttered, shallow fireproof dish. Sprinkle with a little salt, and the juice of a lemon. Dab with butter, sprinkle with chopped parsley, and bake 10 minutes. Serve in the dish they are cooked in.

NOTE—Can also be cooked skinned and fried, or by any recipes used for sole. *In season*—all the year.

### SHELL-FISH

#### CRAB CUTLETS

*1 Large Crab.*

*1 oz. Flour.*

*Melted Butter.*

*1 gill Milk.*

*For 4 persons.*—Crabs are generally bought boiled. Remove meat from crab, mince, then melt butter in a saucepan, stir in flour and gradually add milk. When quite smooth, season to taste with pepper, salt and paprika, then add the crab. Turn on to a plate. When cold, shape into cutlets, flour, egg and crumb, and fry in deep, hot fat until golden brown. *In season*—all the year.

#### SCALLOPED CRAB

*1 pint Crab Meat.*

*Salt and Pepper to taste.*

*1 tablespoon Breadcrumbs.*

*2 well-beaten Eggs.*

*2 heaped tablespoons Butter.*

*Nutmeg to taste. Cream.*

*For 3 or 4 persons.*—Flake and season the crab meat with salt, pepper and a very little grated nutmeg. Stir in crumbs, butter, slightly softened, and eggs. Wash shells, and fill them half-full of the mixture. Sprinkle with crumbs, moisten with cream and brown in the oven. Arrange shells on a large dish, lined with a lace paper d'oyley, before serving.

## DEVILLED CRAB

- |  |                             |
|--|-----------------------------|
| 1 Medium Crab.                         | 1 tablespoon Breadcrumbs.   |
| 1 teaspoon Chilli Vinegar.             | 1 teaspoon Worcester Sauce. |
| 1 gill White Sauce.                    | 1 teaspoon Chopped Chutney. |
| $\frac{1}{2}$ teaspoon French Mustard. | Salt and Pepper to taste.   |

*For 3 persons.*—Heat the sauce, add the vinegar, chutney, Worcester sauce, mustard and pepper, then the flaked crab meat. Fill the washed and dried shell with the mixture. Sprinkle with breadcrumbs, and bake for about 10 minutes. Serve on a hot dish, lined with a lace paper d'oyley, garnished parsley.

## LOBSTER AU GRATIN

- |                                |  |                      |
|--------------------------------|--|----------------------|
| 1 Medium Lobster.              | 1 Shallot.                               | $\frac{1}{2}$ Lemon. |
| 1 oz. Butter.                  | $\frac{1}{2}$ teaspoon Chopped Tarragon. |                      |
| 1 teaspoon Minced Parsley.     | Pepper, Salt, and Paprika to             |                      |
| $\frac{1}{2}$ cup White Sauce. | taste.                                   |                      |

*For 2 persons.*—Clean the lobster shell, then cut it down the back, and remove and dice meat. Melt butter in a saucepan. Stir in chopped shallot, and when brown, add white sauce, lemon juice, lobster meat, and seasonings to taste. Mix well. Fill shells with mixture, sprinkle with breadcrumbs, then with a little melted butter. Bake in a moderate oven for 10 minutes. Serve shells in a dish with parsley and a lace paper d'oyley. Best July to September.

## LOBSTER MOULD

- |                           |                           |
|---------------------------|---------------------------|
| 1 Medium Lobster.         | $\frac{1}{2}$ oz. Butter. |
| 3 tablespoons Milk.       | 1 tablespoon Cream.       |
| $\frac{1}{2}$ oz. Flour.  | 1 Egg White               |
| Lemon Juice.              | Cayenne to taste.         |
| Salt and Pepper to taste. |                           |

*For 2 or 3 persons.* Melt butter in a saucepan. Stir in flour, then milk, and when smooth, bring to the boil. Cook 2 or 3 minutes, stirring constantly, then stir in salt, lemon juice, cayenne, and pepper to taste, then the minced lobster, cream, and stiffly frothed white of egg. Pack mixture in a well buttered loaf tin, covered with buttered paper. Steam for 45 minutes, then turn out and serve with Bechamel sauce.

## OYSTERS

Choose small ones for sauce. *In season*—September to April

**TO CREAM.** *For 2 or 3 persons.* Clean 1 pint, boil till plump, drain, and mix  $\frac{1}{4}$  cup of the liquor in which they

were boiled, with  $\frac{3}{4}$  cup milk. Melt 8 tablespoons butter in a saucepan. Stir in 5 tablespoons flour, gradually pour in the liquid, stirring constantly, then season with salt, pepper, and celery salt to taste. Add oysters, and when piping hot, either serve on rounds or squares of buttered toast or in heated pastry cases.

TO PAN. *For 4 to 6 persons.*—Melt  $\frac{1}{2}$  cup of butter, add 1 quart oysters, season to taste with salt and pepper. Cook, turning frequently, till the oysters curl, then serve on hot toast. Oysters can also be egged, crumbed and fried.

### PRAWN CURRY

24 Prawns. | 3 Eggs. Rice.  
1 pint Curry Sauce.

*For 4 persons.*—Prepare the sauce, add shelled prawns (always choose plump ones), cover, and simmer for 30 minutes, then add the sliced hard-boiled eggs. Serve on a hot dish surrounded by boiled rice. *In season*—April to August.

### SHRIMPS

Treat like Prawns. *In season*—all the year.

### POTTED SHRIMPS

$\frac{1}{2}$  pint Picked Shrimps. 2 $\frac{1}{2}$  oz. Butter.  
Cayenne Pepper. Grated Nutmeg. Ground Mace.

Put the shrimps into a saucepan, with 1 $\frac{1}{2}$  oz. of the butter. Season to taste with a pinch of ground mace, grated nutmeg, and cayenne pepper. Place saucepan over a slow heat, enough to melt the butter. Turn mixture into small jars or pots, pressing the shrimps firmly down. Melt the rest of the butter and pour over the top of each jar to seal.

### SCALLOPS

Before cooking, cut off beards and black parts, and clean shells. *In season*—November to April.

TO FRY.—Drain well, sift 2 oz. flour, with salt to taste, into a basin. Melt  $\frac{1}{2}$  an ounce butter. Beat up an egg, add a gill of milk, make a hole in the flour, and stir in the butter and egg and milk, until smooth. Stand 1 hour. Stir in 1 heaped teaspoon minced parsley. Sprinkle scallops with salt, pepper and cayenne to taste. Dip in batter. Drop one by one into deep smoking hot fat, and fry till golden—



1 - Wash, dry and dip fish or filets in seasoned flour



2 - Brush the floured fish with beaten egg, or egg yolk diluted with milk, before rolling in seasoned breadcrumbs



3 Place the egg-coated fish on the dried breadcrumbs and sprinkle the crumbs well over it.



4 Instead of using egg and crumbs you can dip the floured fish in batter



5

5—Another method is to dip the fish in milk, then in cornmeal or sifted oatmeal

6—Draining fish steaks on a paper-lined tin, after shallow frying



6



7

7—For deep frying, place the prepared fish in a frying basket and slip it into smoking hot fat



8—These methods are suitable for fish steaks as well as fillets and whole fish



8

from 5 to 6 minutes. The batter is enough for 18 scallops. Drain well. Serve piled up on a hot dish lined with a lace paper d'oyley, accompanied by tomato sauce.

## SMOKED, GLASSÉD AND TINNED FISH

### DEVILLED BLOATERS

6 Bloaters.	2 tablespoons Chutney.
2 dessertspoons French Mustard.	$\frac{1}{2}$ teaspoon Lemon Juice.
2 saltspoons Salt. Butter.	2 saltspoons Castor Sugar.
Watercress.	Breadcrumbs.

*For 6 persons.*—Split bloaters down the back and remove all bones. Mix chutney, mustard and lemon juice, salt and sugar together. Brush bloaters with warm butter, then spread with the paste. Sprinkle with brown crumbs, place in a buttered baking tin, and cook in a rather hot oven for  $\frac{1}{2}$  of an hour. Arrange round a hot dish lined with a lace paper d'oyley, with a bunch of well-washed and picked watercress, seasoned to taste with salad oil, tarragon vinegar, and pepper and salt in the centre. Good for luncheon or high tea.

*NOTE.*—Bloaters are also good grilled, fried or dabbled with butter and baked in the oven for 15 minutes.

### GRILLED KIPPERS

6 Kippers.		Butter.
------------	--	---------

*For 6 persons.*—If kippers are dry, soak them for about 1 hour in hot water. If fresh and moist, soak 1 minute only. Wipe dry, brush the flesh side with butter, grill from 3 to 4 minutes and serve each with a pat of butter melting on top.

### CREAMED HADDOCK

1 Finnan Haddock.	$\frac{1}{2}$ pint Hot Milk.
$\frac{1}{2}$ tablespoon Flour.	$\frac{1}{2}$ oz. Butter.
Pepper and Salt to taste.	

*For 2 or 3 persons.*—Cut fish into four fillets, place them in a basin, cover with boiling water and stand for 10 minutes, when the skin and bones will come easily away. Melt the butter in a saucepan. Stir in the flour, and when frothy, gradually stir in the milk. Keep stirring till the sauce is smooth and boiling. Drop in the fish, season to taste with pepper and salt, cover, and simmer for a few minutes. Sometimes I place the fish, after skinning and boning, in a casserole, and pour the sauce over it, then cover and cook fish in the oven from 5 to 10 minutes. If a more nourishing



dish is wanted, add 2 or 3 chopped hard-boiled eggs to dish a minute or two before serving. Could be served with boiled rice or mashed potatoes for lunch or supper, or on buttered toast for breakfast.

### CROÛTES OF SMOKED HADDOCK

- |                             |                                    |
|-----------------------------|------------------------------------|
| 2 cups Flaked Haddock.      | 2 tablespoons Butter.              |
| 1 tablespoon Flour.         | 1 cup Milk.                        |
| 1 tablespoon Grated Cheese. | Paprika and Black Pepper to taste. |
| 1 Egg Yolk.                 |                                    |

*For 4 persons.*—Melt the butter in a saucepan. Stir in flour, and when frothy, gradually stir in milk. Bring to the boil, stirring constantly. Add fish. Cover, and cook for 5 minutes. This is best done in the top of a double boiler. Add egg yolk, and grated cheese. Stir till smooth. Spread on rounds or squares of buttered toast, or of hot pastry, sprinkle with grated cheese, brown lightly under the grill. Serve for lunch or supper.

### BAKED SMOKED HADDOCKS

- |                           |                                |
|---------------------------|--------------------------------|
| 2 medium Smoked Haddocks. | 1 oz. Butter.                  |
| 2 tablespoons Milk.       | $\frac{1}{2}$ cup Breadcrumbs. |
|                           | Pepper and Salt.               |

*For 4 persons.*—Dip the finnan's first in milk then in crumbs. Place side by side in a well-greased baking tin. Sprinkle with pepper and a very little salt. Dab with the butter, and bake for 25 minutes in a hot oven. Serve arranged in a hot dish, garnished with curls of grilled bacon.

### CRAB TOAST

- |                           |                                |
|---------------------------|--------------------------------|
| 6 squares Buttered Toast. | 1 pint Glassed or Tinned Crab. |
| 1 tablespoon Flour.       | 2 tablespoons Butter.          |
| $\frac{1}{2}$ cup Milk.   | 1 teaspoon Lemon Juice.        |
| 1 hard-boiled Egg.        | 1 saltspoon Mustard.           |

*For 6 persons.*—Remove crab from glass or tin and stand in larder for at least  $\frac{1}{2}$  an hour before using. Melt butter in a saucepan. Stir in the flour, and when smooth, stir in mustard, salt and pepper to taste, lemon juice and milk. Stir till boiling, then add the chopped hard-boiled egg and crab meat. Spread mixture on prepared toast. Sprinkle with coralline pepper, and serve each garnished with parsley.

### PRAWNS À LA NEWBURG

- |   |                                    |
|---|------------------------------------|
| 1 $\frac{1}{2}$ doz. Prawns.                | 2 tablespoons Melted Butter.       |
| 1 tablespoon Flour.                         | 1 $\frac{1}{2}$ cups Milk.         |
| 1 beaten Egg.                               | Pepper, Salt and Paprika to taste. |
| 1 tablespoon Brandy, Sherry or Lemon Juice. |                                    |

*For 4 persons.*—Cut prawns into three or four pieces. Melt butter, add prawns, make piping hot, and season to taste with salt, paprika and pepper, then add wine or lemon juice. Strain liquid into a saucepan. Stir in flour, made to a paste with a little of the milk, then add remainder of milk. Cook till slightly thick, stirring constantly, then add egg and shrimps. Stir for 1 minute over the fire, then serve on croûtes of buttered toast, or in hot pastry cases. This is best made in the top of a double boiler.

### SHRIMP AND GREEN PEA WIGGLE

1 <i>tablespoon Butter.</i>	1 <i>tablespoon Flour.</i>
$\frac{1}{2}$ <i>pint Milk.</i>	1 <i>small jar Shrimps.</i>
1 <i>cup Bottled or Tinned Green Peas.</i>	

*For 2 persons.*—Melt butter in a saucepan, stir in flour, and when frothy, stir in milk. Bring to the boil, stirring constantly, then add shrimps and green peas, and when piping hot, serve on croûtes of buttered toast or fried bread, or in piping hot pastry cases. Garnish with parsley.

### MACARONI WITH SHRIMPS

1 <i>cup Shrimps.</i>	2 <i>cups Cooked Macaroni.</i>
2 <i>tablespoons Butter.</i>	2 <i>tablespoons Flour.</i>
$\frac{1}{2}$ <i>pint Milk.</i>	1 <i>Egg.</i>
	<i>Salt and Pepper to taste.</i>

*For 4 persons.*—Melt butter in a saucepan. Stir in flour, and when frothy, add milk. Bring to the boil, stirring constantly. When thick, season to taste, then add shrimps and cooked macaroni. Serve garnished with slices of hard-boiled egg on a hot dish, accompanied by cucumber or watercress and tomato salad.

NOTE: Lobster or spaghetti can be used in this recipe if preferred.

### SALMON LOAF

1 <i>small tin Salmon.</i>	2 <i>Eggs.</i>
1 <i>teaspoon Tomato Catsup.</i>	1 <i>tablespoon Lemon Juice.</i>
1 <i>dessertspoon Melted Butter.</i>	1 <i>cup Breadcrumbs.</i>
<i>Salt and Pepper to taste.</i>	

*For 4 persons.*—Stand salmon (out of tin) in larder half an hour before using. Mix salmon, after flaking, with butter, lemon juice, catsup, well-beaten eggs, salt and pepper to taste, and if liked, a pinch of crushed herbs and  $\frac{1}{2}$  teaspoon minced parsley. Pack into a well-buttered mould. Cover with buttered paper. Steam for  $\frac{1}{2}$  an hour or until set. Serve turned out, garnished with sprigs of parsley and

quarters of lemon, and accompanied by a hot sauce boat of egg sauce.

**TO VARY.**—Substitute Worcester sauce or Yorkshire relish for the tomato catsup.

### CREAMED SALMON WITH GREEN PEAS

- |                             |                                |
|-----------------------------|--------------------------------|
| 1 small tin Salmon.         | 1 pint Milk.                   |
| 2 teaspoons Minced Onion.   | 2 tablespoons Butter.          |
| 2 tablespoons Flour.        | 1 teaspoon Salt.               |
| Pepper and Paprika to taste | $\frac{1}{2}$ cup Boiled Rice. |
| 1 small tin Peas.           |                                |

**For 4 persons.**—Melt butter in a saucepan, stir in flour, and when frothy, gradually stir in milk, and make into a small sauce. When boiling, season to taste, then add flaked salmon, minced onion and simmer, stirring very lightly for 2 or 3 minutes. Add peas, and when piping hot, pour over the hot rice, arranged in the centre of a hot dish. Force with a potato masher 6 or 7 potatoes, mashed, seasoned and enriched with a little butter or margarine, round.

### SALMON CROQUETTES

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 small tin Salmon.            | 1 tablespoon Melted Butter. |
| 2 hard-boiled Eggs.            | Salt, Nutmeg, Pepper and    |
| $\frac{1}{2}$ cup Breadcrumbs. | Anchovy Sauce to taste.     |
| 1 tablespoon Lemon Juice.      |                             |

**For 4 persons.**—Mince the salmon and mix with the melted butter, minced eggs, lemon juice, crumbs and seasoning to taste. Stir in white sauce to bind, and leave till cold; about 1 cup of thick sauce should be enough. When cold, shape into balls with floured hands, dip in beaten egg, then in crumbs, then egg and crumb again. Fry in deep smoking hot fat. Serve garnished with watercress.

### SARDINES

Mostly used for savouries and hors d'œuvres and sandwiches. Always stock both in large and small tins.

**TO GRILL.**—Place them on top of a grill, close to the heat. When crisp on top, brush with melted butter; sprinkle with pepper and cayenne if wanted "devilled." Serve on fingers or squares of buttered toast. Garnish with parsley and lemon fingers.

### SARDINE BALLS

- |  |  |
|--|--|
| 1 medium tin Sardines.                 | $1\frac{1}{2}$ cups Mashed, Boiled Potatoes. |
| 1 teaspoon Salt.                       | 1 beaten Egg.                                |
| $\frac{1}{2}$ teaspoon Minced Parsley. |  |

*For 4 persons.*—Bone and remove tails from sardines, and mash meat with potatoes, egg and seasoning to taste. Roll into small balls with slightly floured hands, egg and crumb, and fry in smoking hot fat. Serve for lunch, on a hot dish, garnished parsley, with a green salad.

### TUNNY FISH, TUNA FISH

Popular hors d'œuvre on the Continent and in N. Africa. Also good for salads and for making up into any small savoury dishes for which salmon is sometimes used.

### CREAMED TUNNY FISH

- |  |   |
|--|---|
| $\frac{1}{2}$ lb. <i>tinned Tunny Fish.</i>              | 1 <i>tablespoon Butter.</i>                   |
| $\frac{1}{2}$ <i>cup Evaporated Milk or Thick Cream.</i> | $\frac{1}{2}$ <i>cup Boiling Water.</i>       |
|  | 1 <i>tablespoon Minced Pimento.</i>           |
| 1 $\frac{1}{2}$ <i>tablespoons Flour.</i>                | $\frac{1}{2}$ <i>teaspoon Minced Parsley.</i> |
| <i>Pepper, Salt to taste.</i>                            |   |

*For 3 or 4 persons.*—Melt the butter. Add the flour and pimentoes, and cook very slowly for 3 minutes. Gradually stir in the cream or evaporated milk diluted with the water, then season to taste, and when the sauce is smooth, lightly stir in the flaked tunny fish. Bring to the boil, and turn into the top of a double boiler. Cook, stirring frequently, for about 15 minutes, in the top of a double boiler, with water boiling in the pan below. Serve with boiled rice.

### ESCALLOPED TUNNY FISH

- |   |                                       |
|---|---------------------------------------|
| 1 <i>small tin Tunny Fish.</i>              | $\frac{1}{2}$ <i>cup Breadcrumbs.</i> |
| 1 <i>tablespoon Softened Butter.</i>        | 1 <i>teaspoon Chopped Celery.</i>     |
| $\frac{1}{2}$ <i>teaspoon Grated Onion.</i> |                                       |

*For 2 or 3 persons.*—Remove skin and bone from tunny fish, and drain it well. Stir in crumbs, butter, celery, onion, and season to taste. Place in a buttered shallow fireproof dish, or in buttered ramekins. Run cream to cover over the top, then grate over a little cheese, if liked. Bake for about 15 minutes in a moderate oven.

### CURRIED COD'S ROE

- |                                |                                     |
|--------------------------------|-------------------------------------|
| 1 <i>oz. Butter.</i>           | 1 <i>small Onion.</i>               |
| 1 <i>oz. Flour.</i>            | 1 <i>dessertspoon Curry Powder.</i> |
| 6 <i>oz. tinned Cod's Roe.</i> | 1 <i>pint Stock.</i>                |
| 1 <i>small Apple.</i>          |                                     |

*For 2 persons.*—Melt butter. Add peeled and finely chopped onion, and fry until brown. Stir in curry powder, and cook 5 minutes, stirring slowly, then gradually add

stock and peeled and chopped apple. Cook slowly till apple is tender, then add sliced roe. Serve with boiled rice.

## LEFT-OVER FISH

Do not throw away any left-over boiled or steamed fish, or even baked fish. All are useful for salads and hors d'oeuvres. If a large piece is left, it can be turned into kedgeree, cakes, a soufflé or a pudding. Left-over fried fish only requires re-heating in the oven. Scraps of cooked, smoked haddock, again, can be added to custard, after seasoning custard to taste with pepper, salt and paprika, if liked. If you happen to have any left-over bread sauce and fish at the same time, mix them together, add grated cheese to taste, and a little beaten egg. Turn into well-buttered ramekins or scallop shells, sprinkle with breadcrumbs, dab with tiny pieces of butter and bake in the oven till golden brown.

## DOGGER BANK PIE

1½ lb. Fish, without skin and bones. 2 cups Milk.  
1 teaspoon Capers.  
2 oz. Flour. 2 oz. Butter.

½ cup Fish Stock.  
1 teaspoon Minced Parsley.  
Mashed Potatoes. 1 Egg.  
Pepper, Salt, Paprika, Butter.

For 6 persons.—Boil fully 3 pounds of potatoes, steam, mash, then beat till smooth with a little hot milk, and a walnut of butter. Season to taste with salt and pepper. Boil egg till hard, cool, and chop finely. Flake the fish, mix it with capers, chopped egg, parsley, and then melt butter. Stir in flour, and make into a smooth white sauce with fish stock and warmed milk. Season to taste, and stir into fish. Season more, if required. Place fish in buttered pie-dish, level down, and heap on top mashed potatoes. Fork up all over, dab with tiny pats of butter, and bake till crisp and golden.

## COD MOUSSE

About 1½ lb. Boiled Tail-end Cod.  
2 oz. Breadcrumbs. 3 Eggs.

1 oz. Butter. 1 cup Hot Milk.  
1 teaspoon Parsley.

For 3 or 4 persons. —Sift the crumbs in the basin with butter. Pour over milk. Stand 1 hour, then mix in washed and minced parsley and fish, flaked free from skin and bone. Beat the yolks and stir into the mixture, then fold in the stiffly frothed whites of eggs, and fill up a rather plain buttered mould, to within 1 inch of the top. Cover with buttered paper, place in a saucepan on top of an enamel

plate, with boiling water coming half-way up the top of the mould. Steam for 40 or 45 minutes. Serve on a hot dish, garnished with trails of anchovy or shrimp paste, and fingers of lemon, and accompanied by a sauce boat of egg sauce.

### JAPANESE FISH MOULDS

- |                                 |                         |
|---------------------------------|-------------------------|
| 1 lb. Boiled Halibut or Turbot. | 2 tablespoons Butter.   |
| 2 tablespoons Flour.            | 1 tablespoon Cream.     |
| 1 cup Milk.                     | 1 teaspoon Lemon Juice. |
| 1 teaspoon Onion Juice.         | 1 Egg. Salt and Pepper. |

*For 6 persons.*—Rub fish through a fine sieve. Stir in the beaten white of the egg and stand till cool. Melt butter in a saucepan. Stir in flour, and when mixture froths, add milk. Remove pan from fire. Add yolk of the egg and seasoning. Return to fire, cook till smooth, but not boiling, season further if necessary, then remove from fire and stir in fish. Place in well-buttered individual moulds, say 6. When cold, turn each out on to individual plates lined with rice and pimento salad.

### RUSSIAN FISH PIE

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| $\frac{1}{2}$ lb. rough Puff Pastry. | 2 hard-boiled Eggs.                  |
| $\frac{1}{2}$ teaspoon Lemon Juice.  | $\frac{1}{2}$ lb. Cooked White Fish. |
| 2 tablespoons Cold White Sauce.      | Pepper, Salt and Cayenne.            |

*For 4 persons.*—Divide pastry into two portions. Roll these into a square. Remove all skin and bone from fish and flake fish. Season to taste, mix in the sauce, then divide the mixture between the two squares of pastry, placing it in the centre of each square. Cover each mound with sliced eggs. Brush edges of pastry with cold water, and fold each up like an envelope. Turn upside down in a buttered baking tin. Mark across tops in diamond marks with a knife. Brush with a beaten egg diluted with 1 tablespoon milk. Bake for 25 minutes in a hot oven. Serve with a green salad for lunch or supper. Cod, haddock, hake, halibut or turbot can be used for this dish.

### FISH CAKES

- |                              |                                |
|------------------------------|--------------------------------|
| 1 lb. Cold, Cooked Fish.     | 1 tablespoon Minced Parsley.   |
| 1 lb. Cold, Mashed Potatoes. | 4 tablespoons Breadcrumbs.     |
| 1 beaten Egg.                | $\frac{1}{2}$ teaspoon Pepper. |
| 1 teaspoon Salt.             |                                |

*For 4 persons.*—Skin and bone the fish, and mix it with the potatoes, parsley, pepper and salt. Shape into small, rather flatly shaped cakes, with the hands lightly floured. Egg and crumb. Fry in smoking hot fat till golden brown.

### CURRIED FISH PUDDING

6 tablespoons Cooked White Fish.	4 tablespoons Cooked Potatoes.
1 tablespoon Butter.	1 dessertspoon Curry Powder.
2 tablespoons Milk.	1 Egg. Salt to taste.

*For 3 persons.*—Melt butter in a saucepan. Add curry powder, and fry for a few minutes. Put in fish, free from skin and bone, and mashed potatoes, then milk. Stir over the fire till very hot, then season to taste and add well-beaten egg. Pack into a well-buttered fireproof dish. Bake  $\frac{1}{2}$  an hour. Serve turned out, masked with egg or curry sauce.

### AMERICAN FISH PIE

1 lb. Cooked, Mashed Potatoes.	2 oz. Grated Cheese.
1 cup White Sauce.	$\frac{1}{2}$ lb. Cooked White or Smoked Fish.
1 Egg Yolk. $\frac{1}{2}$ oz. Butter.	Salt, Pepper, and Mustard.
Little Milk and Nutmeg.	

*For 4 to 6 persons.*—Heat the potatoes in a saucepan with milk to moisten. Stir in half the cheese and the egg yolk. Season to taste with salt, pepper and mustard, then line a greased fireproof dish with two-thirds of the mixture. Fill the centre with fish mixed with the sauce and season with nutmeg. Cover with remainder of the potato, sprinkle with cheese, and dab with butter. Bake for  $\frac{1}{2}$  an hour.

### FISH SCALLOPS

1 lb. Cooked Fish.	1 doz. Oysters.
$\frac{1}{2}$ pint White Sauce.	Brown Breadcrumbs.
Seasoning to taste.	

*For 6 persons.*—Remove any skin and bone from fish, and flake fish. Line 12 well-buttered scallop shells with the fish, moistened with some of the white sauce. Put an oyster in the centre of each. Spread over the remainder of the sauce made piping hot. Sprinkle with lightly browned crumbs. Bake 10 minutes in a quick oven.

# GAME

**I**T is not absolutely necessary to be able to pluck, clean and truss game birds, nor skin, clean and truss hares and rabbits if you live in a town. There game is usually sold by the poulterer ready for cooking. If not, it will be prepared for you at a small extra cost should neither you nor your cook know how to prepare it.

But, if you live in the country, where game comes to you straight from the wild, you must know how to pluck or skin, clean and truss all game.

Many housewives, of course, will tell me that they would not dream of buying game because it is so expensive. Yet the same housewives will cheerfully return from the poulterer's with an expensive chicken or duck! Grouse, partridge and pheasant are certainly luxuries when young. But old birds can be bought very cheaply and can be either cooked in a casserole, pot-roasted, or stewed.

When I want to serve an inexpensive game course, I usually choose hazel hens, pintail ducks, teal, or widgeon, depending on which is in season and how many there are to serve, just as when I want an inexpensive dish of roast poultry, I choose guinea fowl instead of chicken. You can have game on your menu if you care. When birds are out of the question, fried wild rabbit, a casserole of rabbit, or a roast baron of hare, or roast or grilled venison could be the *pièce de résistance*.

## TO PLUCK A BIRD

Holding the bird in your left hand, breast downwards and grasping the wing furthest away from you, where it joins the body, begin to pluck off the feathers from under the wing. When all the feathers are plucked except the down, pluck the other wing and then proceed with the body, taking care not to tear the skin.

## TO SINGE A BIRD

Holding the bird by the neck with your left hand, move a lighted paper quickly all over the bird so as to singe off any coarse hairs. Sometimes you will find it necessary to singe again after trussing. Be careful when singeing not to scorch.



## TO DRAW BIRDS

Lay bird on its back on a table and chop off the ends of the pinions. Then turn bird breast downwards and cut a crosswise slit in the back of the neck. Now, passing your knife under the skin, cut off the neck where it joins the body, but be careful not to cut through the under skin of the neck when you do this. Next slit through the skin of the back of the neck at the place where you first made the cut, and through the skin below about 3 inches from the breast, leaving the front and back flap of skin to fold over each other. Now remove the crop and loosen the entrails, by working the forefinger inside the body, round and round from left to right. Now make a deep cut across the body between the tail and the vent and cut out the vent, making an opening large enough to allow you to insert your fingers and enable you to pull out the whole of the bird's inside in one motion. Only take care that you do not break the gall bladder. Wipe the inside with a clean kitchen cloth. Do not wash unless you have broken any part of the inside when drawing.

## TO TRUSS FOR ROASTING

**LARGE BIRDS : PHEASANTS, CAPERCAILZIE, BLACK GAME.**  
—Run a trussing needle and string through the centre of the two leg joints, then turn bird on to its breast, carry the string in a slanting direction between the two centre bones of the wing and catching the underneath part of the pinion. Then draw the string over the bird, through the pinion and wing at the other side, where it will meet the other end of the string. Tie ends together. Now place the bird breast downwards, and holding it in the left hand, run the needle and string through the back beside the thigh bones. Now pull the legs straight out, turn bird on its back and carry the string over the leg, then through the breast, over the other leg and tie the ends together.

**SMALL BIRDS : GROUSE, PARTRIDGES, PTARMIGAN, HAZEL HENS, ETC**—Place the bird flat on a board with its head end towards you. Turn back the wings and with your left hand force the legs firmly down level with the sides of the body, while with the right hand you run a skewer through the wing, thigh and body, seeing that you pierce both thighs and wings. Now run a smaller skewer through the body close to the tail and over the legs. The skewers can be made

fast with string. Large birds can also be trussed like this.

**WILD DUCK, TEAL AND WIDGEON.**—Prepare as above except leave the feet on and twist them backwards close to the thighs.

**QUAIL.**—Pluck, singe, and draw from the neck end. Leave in the trail if liked. Cut off head and neck, and the wings at the first joint, then truss like grouse, etc.

**SNIPE AND WOODCOCK.**—Remove wings at the first joint, then pressing wings close to the body, push a small skewer through the right wing, the body and the left wing. Next, holding the legs of the snipe firmly down to the sides, truss them in place with the beak of the bird. To finish trussing woodcock, turn the bird with its breast towards you, then draw its head round to the left and catch it with the skewer that keeps the legs firmly down to the sides.

**POLOVER.**—Draw, then truss like woodcock. Some people prefer them undrawn.

**NOTE.**—When plucking birds, always postpone plucking the breast feathers till the birds are trussed or the skin may break when trussing. Do not remove legs and feet from any game bird.

#### RABBITS AND HARES

**TO SKIN.**—Chop off the paws, then make a slit underneath, through the skin. Gradually loosen the skin from the back and sides, draw it down and off the hind legs, then pull it up over the head with aid of a knife. Remove the eyes. This is easy to do if you cut the skin over the eyes.

**TO CLEAN.**—Cut a slit under the body and remove intestines.

**TO TRUSS FOR BOILING.**—With a sharp knife make a gash in the legs beneath the knee joints, bring the front legs backwards and the hind legs forward, outside the front legs, then draw the head round to the left side. Run a skewer through the legs at the right side, then through the body, catching up the legs and head at left side. Tie the skewer with string securely underneath.

**TO TRUSS A HARE FOR ROASTING.**—Wash and wipe hare, then stuff and sew up. Bring the hind legs forwards and the forelegs backwards, cutting the sinews to make the legs lie close to the body. Skewer into position or tie up with a trussing needle and string, then raise the head and pass a skewer through the mouth and down the back between

the shoulders. The ears are left on, and the tail is sometimes curled and fastened to the back with a small skewer.

**TO TRUSS A RABBIT FOR ROASTING.**—Truss like hare, but remove ears.

## HOW TO COOK GAME

### HINTS ON COOKING GAME

1. Grouse, pheasants, partridges, and hazel hens can all be roasted and served with the same accompaniment, when young. When old, pot-roast or cook en casserole.

2. The great secret of tender roasted game is frequent basting. Baste every 10 minutes.

3. To be certain that game will be moist when roasted, cover the bird with fat rashers of bacon. Cook in a self-basting roasting pan, or pot-roast.

### TO BRAISE

**GROUSE, PARTRIDGE, PHEASANT, HAZEL HEN.**—Stuff birds with Giblet, Mushroom, Liver, or Sausage Stuffing. (See page 106-7). Then tie slices of bacon over the breasts. Melt 1 ounce butter in a saucepan. Slice a carrot, onion, 1 small slice of turnip and a small piece of celery over the bottom of the pan. Pour in  $\frac{1}{2}$  pint chicken or veal stock, then place the bird or birds on top, breasts uppermost. Cover pan tightly. Simmer very gently for 2 hours, then arrange game on a hot dish. Strain gravy into another saucepan and remove the fat. Mix 1 teaspoon of cornflour to a paste with 2 table-spoons of cold stock and stir into the gravy. Boil, stirring constantly, for 3 minutes, then draw pan to the side and stir in gradually half a wineglass of sherry or port and flavour with 1 or 2 drops of anchovy essence, if liked.

### TO GRILL

**PARTRIDGE, GROUSE, PHEASANT, HAZEL HEN, WIDGEON.**—Halve birds and wipe inside and out with a damp cloth. Rub with melted butter and sprinkle with salt and white pepper. Cook for 1 or 2 minutes on each side till seared so that the juices will not run. Then continue cooking for about 8 minutes on each side, for a small bird like a hazel hen or partridge, and about 12 minutes on each side for a pheasant.

## TO ROAST

WIPE, but do not wash inside of birds after plucking and drawing. Tie fat bacon over the breast, and cook, basting frequently, from 10 to 50 minutes, according to bird. If bacon is not used, roast bird, breast downwards, but turn it on its back 10 minutes before it is ready, dredge it with flour and baste, then leave to brown.

NOTE.—You need not serve roast game on toast unless you wish. It used to be customary, but now is a matter of choice.

## APPLE PURÉE FOR WILD FOWL

Wash, pare, seed and core 12 apples. Place in a covered saucepan with 2 tablespoons water, 3 tablespoons castor sugar, the juice of  $\frac{1}{2}$  a lemon and 1 tablespoon orange juice. Cook till soft, then sieve, cool, pot and seal. Serve cold with any roast wild fowl. Sherry can be substituted for water if liked. In Hamburg I have had this served with roast pheasant, accompanied also by cranberry jam and lettuce and cucumber salad.

## APPROXIMATE TIMES FOR ROASTING GAME

Black Cock	..	..	..	..	45—50	minutes
Capercaillie	..	..	..	..	70—90	..
Grouse	..	..	..	..	80—35	..
Hazel Hen	..	..	..	..	25—35	..
Partridges	..	..	..	..	30—35	..
Pheasant ..	..	..	..	..	80—60	..
Plovers ..	..	..	..	..	10—20	..
Ptarmigan	..	..	..	..	30—35	..
Quail ..	..	..	..	..	12—20	..
Snipe ..	..	..	..	..	about 15	..
Teal ..	..	..	..	..	9—15	..
Widgeon ..	..	..	..	..	15—22	..
Wild Duck (under-done)	..	..	..	..	20—25	..
Wild Duck (well done)	..	..	..	..	25—35	..
Woodcock	..	..	..	..	15—25	..
Rabbit ..	..	..	..	..	35—45	..
Hare (medium)	..	..	..	..	1½	hours
Hare (large)	..	..	..	..	1½—2	hours
Venison—haunch (buck)	..	..	..	..	4—5	..
Venison—haunch (doe)	..	..	..	..	3½—3¾	..

NOTE.—Time given for venison is for venison roasted in paste.

**TO BOIL**

**PHEASANT, PARTRIDGE.**—Plunge bird into fast boiling water. Boil 4 minutes, skim, and simmer gently until tender.

**TO MAKE GAME GRAVY**

Wash and chop the giblets, then put them in a saucepan with 2 shallots or a small onion, peeled and sliced,  $\frac{1}{2}$  saltspoon salt, 1 pint stock, 1 small blade mace, and few grains of cayenne. Simmer  $1\frac{1}{2}$  hours, then strain. Melt  $\frac{1}{2}$  ounce butter in a saucepan. Stir in  $\frac{1}{2}$  ounce flour, then gradually stir in the strained stock, add a few drops of browning if necessary, and thin to taste with port wine. If wanted for wild fowl, stir in 2 teaspoons lemon juice just before serving.

**MARINADE FOR GAME**

A specially good marinade for game is made by stewing 2 peeled sliced onions, 2 tablespoons of salad oil, 2 sprigs of parsley, 1 glass of white wine,  $\frac{1}{2}$  pint water, 2 sliced carrots, 3 bay-leaves, 1 tablespoon of vinegar, and pepper and salt to taste for  $\frac{1}{2}$  an hour. Strain before using. Port wine is best. This marinade is also good for venison.

**BLACKCOCK**

*For 3 or 4 persons.*—Hang for a few days or bird will be tough. Pluck, draw, and wipe inside and out with a damp cloth, then remove head and toes, and scald and peel feet. Can be grilled, braised or roasted *In season*—August 20th to December 10th.

**ROAST BLACKCOCK**

Prepare bird, truss, brush with melted butter, and place on a trivet in a roasting pan, breast downwards. Roast rather quickly from 45 to 50 minutes, basting well with hot butter. If bird is large, allow 1 hour. If old, pot-roast. About 10 minutes before it is ready, place a slice of toast in the dripping tin under the bird. When ready, untruss bird and serve it on the toast in a hot dish. Garnish with watercress.

**ACCOMPANIMENTS.**—Gravy, bread sauce, fried bread-crumbs, potato straws or crisps.

**CAPERCAILZIE**

*For 6 to 8 persons.*—Hang well or bury until tender. Some people only eat the breast. If you do not like a strongly

flavoured bird, steep in new milk for an hour or two after plucking. As its flesh is rather dry, either lard carefully with bacon or cook in a self-basting roaster. Old blackcock can be treated in the same way if wanted roasted except that it is not necessary to bury it. Prepare and truss capercailzie like a roasting chicken. *In season*—20th August to 10th December.

### ROAST CAPERCAILZIE

Prepare and truss. Stuff with  $\frac{1}{4}$  pound chopped steak and 2 ounces chopped bacon, seasoned to taste. Cover breast with slices of bacon and roast for 10 minutes in a very hot oven. Reduce heat, and roast for about 1 hour, or a little longer. When nearly ready, remove bacon from breast, dredge lightly with flour and baste well. It should be basted frequently while roasting. Untruss, and serve on a hot dish garnished with watercress.

ACCOMPANIMENTS.—Bread sauce, fried crumbs and gravy.

### GROUSE

*For 2 persons.*—Hang from 3 to 14 days, according to the weather. Pluck, draw and wipe birds inside and out with a damp cloth, carefully. Bard or lard and baste carefully when roasting. Keep on the under-done side. *In season*—12th August to 10th December.

### GRILLED GROUSE

1 brace Young Grouse.		Pepper and Salt.
		1 Shallot.

Split birds down the centre of their backs, after plucking and drawing. Chop off their heads and feet and run a skewer through from side to side, after pressing the birds out flat on a pastry board. Brush both sides over with melted butter, then sprinkle well with salt, pepper and minced shallot. Grill for a minute or two on each side very quickly, then slightly reduce heat and grill from 10 to 15 minutes, basting frequently with melted butter. Serve on a hot dish, garnished with watercress.

ACCOMPANIMENTS.—Butter gravy, or sour cream gravy, potato straws.

### ROAST GROUSE

1 brace Young Grouse.		2 oz. Butter.	Fat Bacon.
Pepper and Salt.		1 teaspoon Lemon Juice.	

Prepare birds. Place a spoonful of clear bacon fat or a pat of butter inside each. Sprinkle insides with salt, pepper and lemon juice. Livers and hearts should be left inside. Truss. Either brush birds with melted butter, after dusting with pepper and salt, or wrap, in old Scotch fashion, first in fat bacon then in greaseproof paper. Place in the roasting pan on a trivet, breast downwards, and roast for 25 minutes. Remove paper and bacon, baste with butter or bacon fat, and cook till brown. If cooked without paper, baste frequently with melted butter or bacon fat while cooking. When ready, remove from pan, untruss, and serve each on a piece of buttered toast on a hot dish. Garnish with watercress. Some cooks place the toast in the bottom of the tin under the birds for a few minutes before serving them. Others pour the gravy over the toast before arranging the birds. Many Scotch cooks boil the livers, then pound them in a mortar with butter and season with salt and cayenne. The paste is spread on toast, which is placed on the trivet under the birds 5 minutes before they are served. Garnish with watercress, and fried mushrooms, if liked.

ACCOMPANIMENTS.—Bread sauce, gravy, fried bread-crumbs, potato straws or crisps.

### ROAST HAZEL HEN

*For 2 persons.*—Clean and singe bird. Wipe inside and out with a damp cloth. Sprinkle with salt. Tie a piece of fat bacon over the breast and place in a wide, shallow saucepan. Brush with melted butter and brown first on one side then on the other, then turn into a casserole. Add 1 tablespoon of butter; cover and cook very slowly from 30 to 45 minutes. Arrange on a hot dish, cut in two, and keep hot while you stir a teaspoon of flour into the butter. Add  $\frac{1}{2}$  cup stock and  $\frac{1}{2}$  cup sour cream. Season to taste and pour over the bird. Can be cooked with any recipes used for partridge or grouse.

ACCOMPANIMENTS :—See GROUSE.

### ROAST PARTRIDGE

*For 2 persons.*—Roast preferably in front of the fire for 30 to 35 minutes, basting liberally while cooking. Young birds can be roasted like grouse, and old birds pot-roasted. *In season*—1st September to end of February.

ACCOMPANIMENTS :—See GROUSE.

**GRILLED PARTRIDGES**

1 brace Partridges.  
 1 teaspoon Salt.  
 ½ oz. Butter.  
 ½ Lemon.

1 tablespoon Oil (Salad).  
 ½ teaspoon Pepper.  
 1 tablespoon Worcester Sauce.  
 1 teaspoon French Mustard.

Split very fresh partridges open through backs. Remove spinal bones. Draw. Wrap in a coarse towel. Flatten each with a steak beater. Mix oil, salt and pepper on a plate. Brush birds over with marinade. Grill for 10 minutes on each side. Stir Worcester sauce, mustard and lemon juice into butter. Spread over partridges.

ACCOMPANIMENTS.—Grilled apples, watercress, and potato straws. Oiled butter can be substituted for marinade.

**PHEASANT**

*For 4 or 5 persons.*—Hang for about 10 days in cold weather and 3 or 4 days in hot weather, in a fly-proof larder. Hen pheasants best for roasting. Stew or cook an old bird in a casserole. Truss, roast, and serve like GROUSE. Keep the tail feathers for garnish and when the bird is dished, put them in place. *In season*—1st October to February.

**BOILED PHEASANT**

Choose a hen pheasant and pluck carefully so as not to break the skin. Prepare and truss pheasant. Place in a saucepan of boiling water to cover. Salt to taste. Cover and cook for 50 to 60 minutes. When ready, drain and place on a hot dish. Pour over white celery or mushroom sauce.

**PTARMIGAN**

*For 2 persons.*—Known as white grouse. Truss, roast and serve like grouse. If birds look dry, boil them up twice in 2 lots of milk, before you roast them. Some prefer horse-radish cream to bread sauce. *In season*—beginning of October to end of April.

**PLOVERS**

*For 1 person.*—Should always be roasted. Choose birds that feel hard at the vent. The golden plover is best. In England it is usual to draw and roast the birds for 10 to 20 minutes in butter or bacon fat, and serve on toast, but on the Continent only the gizzard and crop are removed, and then birds are roasted slowly over rounds of toast or



fried bread, placed to receive the drippings. *In season*—beginning of October till end of January.

ACCOMPANIMENTS.—Gravy or equal quantities of oiled butter and lemon juice, sharpened with cayenne. Garnished with watercress and potato straws.

### ROAST QUAIL

4 Quail.

4 slices Raw Fat Bacon.

2 tablespoons Butter.

4 slices Toast.

*For 4 persons.*—Remove livers from birds. Chop, place in a saucepan with butter and simmer 5 minutes. Cut some slits in rashers of bacon and tie a rasher over the breast of each bird. Place birds on a trivet in a baking tin. Roast in a quick oven from 12 to 20 minutes. While cooking, pound the livers, mix with 4 teaspoons warm glaze and spread on the hot trimmed toast. When birds are cooked, remove bacon, brush the breast with warm glaze. Untruss and arrange each on a piece of toast. Garnish with watercress. *In season*—October to February.

ACCOMPANIMENTS.—Gravy, fried breadcrumbs, watercress salad.

### SNIFE

*For 1 person.*—Best in frosty weather. Should be fat with dry beaks. If beaks are moist, they are stale. Can be roasted, braised, devilled, fried, stewed or made into a pie. *In season*—1st August to 1st March.

### ROAST SNIPE

Prepare and truss birds, scalding and skinning the feet, and removing the toe joints and gizzard before trussing. Either place the birds on pieces of toast after brushing with oiled butter and covering their breasts with bacon, or brush with melted bacon fat and roast, either in a baking tin in a fairly hot oven, or in front of the fire. Sometimes I run them on a skewer and roast them for 15 minutes, basting them frequently with melted butter. When I cover the breasts with bacon, I allow nearly 20 minutes, for I find they need about 5 minutes to finish them after the bacon is removed. Dredge with flour, baste well, and brown. No matter how you roast them, place some toast, buttered on both sides, under the birds to catch the trail, when cooking. Serve untrussed birds on toast. Pour over a little brown gravy, or butter gravy. Allow 1 piece of toast for each bird. Garnish with watercress and cut lemon.

**ACCOMPANIMENTS.**—Bread sauce, fried crumbs, potato straws, brown gravy, watercress salad.

### ROAST TEAL

*For 1 person.*—Eat as fresh as possible. Best after the frost has set in. Birds should be fat and plump.

Truss. Place on a trivet in a baking pan. Brush with melted butter and roast for 15 minutes, basting liberally with butter. Dredge with flour, and baste. Serve on a hot dish, garnished with cut lemon and watercress. *In Season*—October to February.

**ACCOMPANIMENTS.**—Celery, orange and watercress salad, and wine sauce. Add 1 tablespoon of Port, Burgundy or Madeira to the gravy that runs out of the bird, season to taste with lemon juice and Chilli vinegar.

### WIDGEON

*For 2 persons.*—Cook very fresh. Truss, cook, and serve like teal. *In season*—October to February.

### WILD DUCK

*For 2 persons.*—Pintail, or sea pheasant, mallard, teal and widgeon are most popular. Must not be over-cooked or bird will be tough. *In season*—November to February.

### SIMPLE ROAST WILD DUCK

2 Wild Ducks.                      2 small Onions.                      2 oz. Butter.

Scald feet and truss. Sprinkle inside of birds with pepper and salt and put half the butter in each. Sometimes I place the birds in a hot oven for 5 minutes without basting them with butter. Sometimes I spread them with the butter instead of putting it inside. Roast from 20 to 25 minutes, basting frequently. Just before serving dredge with flour and baste. Serve like TEAL. If bird is liked well cooked, 25 to 35 minutes will be needed.

**ACCOMPANIMENTS.**—Orange and watercress or orange and mint salad, wine gravy, potato straws. Garnish, watercress.

### BRAISED WILD DUCK

Season duck with ground pepper and salt. Place in a casserole lined with chopped bacon, add  $\frac{1}{2}$  ounce butter, 1 cup sliced onion, 1 cup diced carrot, crushed herbs, and

seasoning to taste. Cook in a hot oven till brown, then reduce heat, drain off any fat and add  $\frac{1}{2}$  pint brown sauce and 1 gill of rich stock or giblet gravy. Cover and cook for 20 minutes, then add a glass of red wine or port and the juice of  $\frac{1}{4}$  a lemon. Remove bird and joint. Boil sauce up sharply and pour sauce with vegetables over the joints, arranged on a hot dish. Sometimes I use Madeira for flavouring and a little red currant jelly or  $\frac{1}{4}$  lb. chopped fried mushrooms.

### WOODCOCK

*For 1 person.*—Thigh, back and brain are choice portions. Remove eyes but leave head and neck on and only take out the crop or gizzard from the inside. Cook and serve like SNIPE. *In season*—August to March.

### ROAST HARE

1 Hare. Sliced Lemon.	$\frac{1}{2}$ lb. Stuffing.
1 glass Port Wine.	1 tablespoon Red Currant Jelly.
Pepper, Salt, Rolls of Bacon	

*For 6 or 7 persons.*—A hare for roasting can be stuffed whole, or only the saddle, when the remainder can be jugged, but a leveret should not be stuffed. Prepare hare and wipe it dry before stuffing. Truss. If wanted very tasty and to relieve its dryness, tie some pieces of fat bacon over its body and cover it, head and all, with grease paper before roasting, or steep it in a marinade for 24 hours.

Place hare on a trivet in a baking tin. Baste frequently with dripping to start with, then with butter. When nearly cooked, remove bacon and paper if you use them. Dredge with flour, then baste to make it froth and brown. Serve on a hot dish after untrussing. Garnish with rolls of fried bacon, cut lemon and forcemeat balls if not stuffed. Roast from  $1\frac{1}{2}$  to 2 hours according to size. If stuffed, hare takes 20 minutes to  $\frac{1}{2}$  an hour longer than when unstuffed. *In season*—August to March.

**TO MAKE HARE GRAVY**—Either add tomato puree and a little port wine to the gravy after draining off the fat, or stock to taste, red currant jelly and a fried and minced liver and heart, or thicken with sour cream.

**ACCOMPANIMENTS.**—Forcemeat balls, oatmeal stuffing, brown gravy, red currant jelly, watercress salad, potato chips or straws.

## JUGGED HARE

1 Hare.	$\frac{1}{2}$ pint Stock.	$\frac{1}{2}$ lb. Bacon.	2 Cloves.
1 Tomato.	6 Shallots.	$\frac{1}{2}$ Lemon.	1 blade Mace.
$\frac{1}{2}$ glass White Wine.		1 oz. Flour.	
1 sprig Parsley.		6 Peppercorns.	
2 teaspoons Red Currant Jelly.			

Joint hare. Half-fry the bacon, then remove bacon and fry joints dipped in flour, in the fat. Place bacon, diced, and shallots in a casserole, add hare, sliced tomato, peppercorns, 1 blade mace, parsley, 2 cloves, small strip of lemon rind,  $\frac{1}{2}$  glass white wine and  $\frac{1}{2}$  pint of stock. Cover. Simmer from  $1\frac{1}{2}$  to 2 hours according to age, then add blood, 2 teaspoons red currant jelly. Arrange hare in a pile on a hot dish. Add juice of half a lemon, pepper and salt to taste and a little currant jelly or port wine, if liked, to gravy. Pour over hare, and garnish with forcemeat balls or triangles of flaky pastry, 2 ounces lean bacon can be cooked with hare if liked, but cut it in dice.

## FRIED RABBIT

*For 4 persons.*—Blanch, dry and dip joints, omitting the ribs which add to stock, in flour, seasoned with pepper, salt and paprika. Fry in 2 ounces bacon fat, heated till smoking hot, till well browned all over. Cover closely or transfer to a casserole. Cook very slowly, turning frequently, for 1 hour or more, depending on age of rabbit. Serve, arranged on a hot dish, garnished with green peas.

ACCOMPANIMENTS.—New, mashed or creamed potatoes, grilled rolls of bacon.

RABBIT A LA SOUTHERN.—Cook as above, then pour a cup of cream into the casserole. Add  $1\frac{1}{2}$  tablespoons chopped parsley, 1 teaspoon tomato catsup, and stir constantly till hot. Pour over fried rabbit. *In season* -- September to March.

NOTE: Rabbit can also be braised, baked, curried, cooked in a casserole or stewed.

## VENISON

The haunch and liver and kidneys are best. Neck is second, then comes saddle, then shoulder and civet, except roe deer venison, when the saddle is better than the haunches. Venison from red deer is best and fallow deer venison comes next. Should hang for at least a week before cooking. Sometimes it should hang from 2 to 3 weeks. To prevent it becoming fly-blown, rub immediately after skinning with

flour, mixed with powdered ginger and pepper. Dress the furrow of the backbone well with pepper. It is best to wrap it in butter muslin before hanging up in the larder, but you must inspect it every day and give it a fresh coating of flour and ginger when necessary. *In season*—buck, June to Michaelmas; doe, November to end of January.

### ROAST HAUNCH OF VENISON

Trim, wash if necessary and wipe. Brush with melted butter. Sprinkle with pepper and salt. Make a paste of flour and water, knead till rather tough, then roll out in a piece large enough to cover the roast. Roll round, and bake in a moderately hot oven for 8 or 4 hours according to size of joint. You will need anything from  $1\frac{1}{2}$  to  $1\frac{3}{4}$  pounds of flour for the paste. When cooked, chip off paste and return joint to a very hot oven to brown. Serve with gravy, flavoured with port and red currant jelly.

ACCOMPANIMENTS.—Red currant or rowan jelly, sauce or brown gravy, baked potatoes.

### GRILLED VENISON STEAKS

6 *Loin Steaks.*

2 *tablespoons Red Currant Jelly.*

1 *oz. Butter.*

$\frac{1}{2}$  *lb. Mushrooms.*

Have steaks cut in the shape of mutton chops. Spread with melted butter. Grill, turning often, for about 25 minutes—it takes longer than steak to cook. When ready, sprinkle with pepper and salt. Melt the butter in a saucepan, add jelly and when piping hot pour over steaks, arranged in a circle on a hot dish. Pile up  $\frac{1}{2}$  pound mushrooms, peeled and fried, in the middle. Serve with potato chips. Lemon butter can be substituted for the red currant butter.

### HUNTERS' STEAKS

$\frac{1}{2}$  *lb. Game.*

$\frac{1}{2}$  *lb. Pork.*

1 *slightly-beaten Egg.*

1  $\frac{1}{2}$  *teaspoons Minced Onion.*

1  $\frac{1}{2}$  *teaspoons Fresh Breadcrumbs.*

*For 2 persons.*—Put meat three times through the mincer. Stir in onion, pepper, salt and paprika to taste, breadcrumbs and egg to moisten. Shape into cakes,  $1\frac{1}{2}$  inches thick. Fry for 3 minutes on each side in a little hot fat. Serve each on a round of fried bread, with grilled tomatoes round and Maitre d'Hôtel butter on top.

# POULTRY

**I**F you keep poultry, pluck, singe and draw like game, *only remove sinews from legs in the following manner.* Make a lengthwise cut through the leg under the "knee joint." Pick up the tendons—there are seven of them—one by one on a strong skewer, and pull them from the drumstick. Cut off the feet with the tendons attached, and the drumstick when cooked will be as tender as the rest of the bird. Be careful to pull out all the windpipes, lungs, and cut out the oil bag at the point of the parson's nose.

Truss for roasting as you truss large game birds (see page 140).

Chicken, duck, goose, guinea fowl, squab or pigeon, or turkey all come under poultry. When fresh they should be firm, with smooth, moist skin and smooth, pliable feet. To make certain bird is young, feel the end of the breast-bone, it should give. I have nothing to do with hairy birds for roasting. They are old. Young birds have pin feathers.

## TO BONE A BIRD

Singe; break the feet and remove sinews. Cut the neck, leaving about 3 inches of skin, then remove crop and windpipe. Make a cut through the joint of the wing nearest the body, then gradually work the flesh off the bones with the fingers and a pointed knife. When the legs are reached, dislocate them, then work off the flesh till you come to the tail, when cut the bone part away, then you will have the outer part complete with the tail attached. Do not remove the wing bones, but take out the first bone from each leg. Truss as for roasting.

NOTE.—If wanted for a galantine, remove all bones, and turn the boned legs and wings inside.

## TO JOINT A BIRD

Cut off a leg and divide at the joint into drumstick and second joint. Remove the wing from the same side, cut off the tip, and then divide the wing at the middle joint. Joint the other leg and wing in the same way. Neatly separate the wish bone, with the meat on it, from the breast. Cut breast in half lengthwise and the back through the middle crosswise, then the side bones should be hacked apart

with a cleaver. Every large bird should give you 12 joints. Use the tips of the wings with the giblets for stock or gravy.

#### TO PREPARE GIBLETS

Giblets of a bird consist of gizzard, heart and liver. Sometimes the neck and the skinned feet are included with them. Cut fat and membrane from gizzard, then cut through the thickest part till you come to the inner lining. Spread open and peel away from the sac and throw sac away. Remove the arteries and veins from the top of the heart and squeeze and wash out any blood. Remove gall bladder from the liver, taking care not to break it. If any part of the liver looks green, cut it off and throw it away. Giblets, if not wanted for stock, gravy or soup, can be made into a pie.

#### APPROXIMATE TIMES FOR ROASTING

	<i>Per lb</i>	<i>According to size</i>
Chicken (petit poussin)	20 minutes	20—30 minutes
Chicken .. ..	20 ..	45—60 ..
Capon or Poularde ..	20 ..	1½—1¾ hours
Duckling .. ..	15 ..	25—45 minutes
Duck .. ..	25 ..	1 1' hours
Goose, small .. ..	20 25 ..	1½ 1 ..
Goose, medium .. ..	20 ..	1½ 2 ..
Goose, large .. ..	20 ..	2½ 2½ ..
Gosling .. ..	18—20 ..	1 1½ ..
Guinea Fowl .. ..		¾—1½ ..
Pigeon .. ..		20 30 minutes
Turkey, small .. ..	20 minutes	1½ 1½ hours
Turkey, 10 lbs. stuffed		2—2½ ..
Turkey, large .. ..		3—3½ ..

#### WHAT TO SERVE WITH ROAST POULTRY

**ROAST CHICKEN.**—Bread sauce, brown gravy, rolls of grilled or baked bacon or baked or fried chipolata or petit Parisien sausages, veal sausage meat or stuffing, potato crisps, straws, roast or new.

**ROAST DUCK.**—Sage and onion or apple stuffing; brown gravy; orange or orange and mint salad; apple sauce, if sage and onion stuffing; if apple stuffing; orange sauce; green peas.

**ROAST DUCKLING.**—Brown gravy, orange salad, potato chips.

**ROAST GOOSE.**—Sage and onion stuffing, apple sauce, gravy. Stewed red cabbage.

**ROAST GUINEA FOWL.**—Garnish watercress. Orange or orange and mint salad, gravy, potato chips, straws or crisps. Can also be served like pheasant.

**ROAST PIGEON.**—Serve like chicken.

**ROAST TURKEY.**—Sausage meat, or veal or chestnut stuffing, cranberry sauce or jelly, gravy, grilled rolls of bacon or sausages, etc., bread sauce, braised celery.

#### THE CHICKEN YOU WANT

1. Choose a 2 to 4 months old bird, weighing  $1\frac{1}{2}$  to 2 pounds, for grilling.

2. Choose for frying a chicken about 6 months old weighing from  $2\frac{1}{2}$  to 3 pounds.

3. A fowl for roasting should be from 6 months to 1 year old and weigh 3 to 6 pounds.

4. Boil, steam, braise, stew, or cook in a casserole any chicken over a year old.

5. Some people only stuff the neck of a bird. I generally stuff both parts, sometimes putting sausage meat in the neck and veal stuffing in the body, or vice versa.

#### ROAST CHICKEN

Truss, singe, and wipe bird. Stuff, if wanted, before trussing. Place bird on its back on a trivet in a roasting pan. Rub over with butter or dripping, or with a paste made of 3 tablespoons fat and 2 tablespoons flour, or lay a few strips of bacon or salt pork over the breast. Place in a quick oven for 15 minutes, then reduce heat, add  $\frac{1}{2}$  cup of water to fat in pan and cook till tender. Baste every 10 minutes, and 15 minutes before it is ready turn it on its breast.

If you cook in a self-basting roasting pan, you will only need half the water if you flour the bird. If you want it to have a thick crust, dredge it once or twice with flour during roasting. If you only want bird glazed, omit flour and do not dredge. Serve on a hot dish, untruss, and garnish with watercress, or with rolls of grilled bacon or with fried sausages.

#### BOILED FOWL

1 *White-legged Fowl* (4 lb.)  
6 *Peppercorns.*

2 *Cloves.*  
1 *blade Mace.*

*For 6 persons.* - Remove feet, the whole scaly part, then insert fingers at the tail end of bird. Loosen the outer skin of the legs and neatly tuck legs inside. Stuff with oatmeal,



forcemeat or sausage meat and finish trussing as for roasting. Rub with a cut lemon. Place bird in a saucepan, breast downwards. Cover with boiling water, add cloves, mace and peppercorns. Cover and simmer for 2 hours, when salt to taste and finish cooking. Time required depends on age and size of bird. Drain, untruss, place on a hot dish and serve with egg, celery, or oyster sauce poured over. Sometimes I place the bird on a trivet with water or stock boiling below and steam it and serve like boiled. Both dishes can be accompanied by boiled ham or pickled pork.

#### TO USE UP BOILED CHICKEN

Sometimes I turn it into a salad or a risotto. Sometimes I chop and heat it up in a well-seasoned white sauce, adding—if I have them—1 or 2 chopped fried mushrooms or cooked peas, then I serve creamed chicken either on squares of hot buttered toast or fried bread, or in hot pastry cases, and garnish each with a cross of pimento.

#### SIMPLE CHICKEN LOAF

2 cups Chopped Chicken.	1 cup Breadcrumbs.
1½ tablespoons Chicken Fat or Butter.	½ cup Milk.      2 Eggs.
Salt, Pepper and Paprika.	½ cup Pea Purée.
	1 Onion.

Slice and fry onion. Place crumbs in a basin and pour over the heated milk, rub enough cooked or tinned peas through a sieve to give you the quantity of purée required, then mix all ingredients together. Place in a buttered baking dish. Bake in a moderate oven till firm and brown. Serve hot or cold. If cold, garnish with sliced tomato and serve with Russian or potato salad.

#### RISSOTTO OF CHICKEN

1 cup Cooked, Chopped Chicken.	1 quart Chicken Broth.
½ cup Rice.      1 Onion.	2 tablespoons Butter.

For 3 persons.—Melt butter in a saucepan. Fry onion, without browning. Add chicken broth. Bring to boil, then wash and add rice. Cover saucepan. Simmer for about 25 minutes, shaking pan occasionally to prevent rice sticking. Don't stir unless absolutely necessary. When ready, the rice should have absorbed nearly all the broth and the grains should be swollen and separate. Add chicken, stir for a moment or two then turn on to a hot dish. Sprinkle thickly with grated Parmesan or any other cheese.

## FRIED CHICKEN

Joint 2½ or 3 lb. chicken. Plunge into cold water, drain, but do not dry, then sprinkle with salt, pepper and paprika, and dip in flour. Heat in a frying pan enough bacon fat to cover the bottom of pan. Brown joints quickly all over, and either cook very slowly till tender and well browned, turning frequently, or cover and finish cooking. Sometimes I transfer mine to a casserole, fat and all, and cook slowly for about 45 minutes, with lid on, in the oven. If you want to fry an older bird, boil or steam it till tender before frying.

## CASSEROLE OF CHICKEN

1 *Young Chicken.*  
1 oz. *Butter.*  
1 *Bay Leaf.*  
1 *sprig Thyme.*

1 *Medium Carrot.*  
½ *lb. Mushrooms.*  
1 *pint Chicken Stock.*  
1 *tablespoon Marsala.*

*For 4 persons.*—Peel and chop onion, and scrape and chop carrot. Place in a casserole with the butter, bay-leaf and thyme. Cook on top of fire for 10 minutes, stirring frequently, then add stock and trussed chicken. Cover closely. Cook in a slow oven for 1 hour. Uncover, add peeled, sliced mushrooms, and wine, if liked. Cover and cook till chicken is tender. Untruss chicken and serve on a hot dish with mushrooms round.

## GRILLED CHICKEN

Split a 1½ to 2 lb. chicken down the back, through, or on either side, of the backbone. Remove bone and lay open, inside downwards, pressing the breast-bone until it cracks, to make the bird lie flat. Clean, remove contents, and cut out the rib bones and cut through tendon at joints. Sprinkle with salt and pepper, place bird on a buttered griller, skin side down. Grill quickly on both sides, then reduce heat and grill from about 20 to 30 minutes. Baste several times during cooking with melted butter. Spread flesh side with butter before serving. Serve with the butter gravy, or turn gravy into creamy sauce by thickening with flour and thinning with milk and stock.

## MARYLAND CHICKEN

2 *Birds (6 months).*  
*Flour. Breadcrumbs.*

*Salt, Pepper.*  
1 *Beaten Egg*

*For 6 to 8 persons.*—Prepare and joint chickens. Dip in seasoned flour, then in beaten egg. Cover with crumbs. Place in a well-buttered baking tin. Bake 5 minutes in a sharp oven, then baste with melted butter, and return to oven. Baste every 5 minutes, until bird has been cooking half an hour. Arrange on a hot dish and serve with cream sauce—white sauce made with thin cream. Allow half a pint sauce to each bird. Serve in a hot sauce boat.

### ROAST DUCK

*For 4 persons.*—Pluck, singe and draw like chicken. Cut off the first bone of the wing. Leave on the legs and feet but scald and peel. Fill body with sage and onion stuffing. Push the feet towards the sides and under the back of the bird. Turn over and skewer the "apron" under the tail. Press legs and wings close to the body then thrust a skewer through the body from the right wing to the left wing, and another from the right thigh to the left thigh. The bird when trussed should show none of the joints as in fowl. Sprinkle with pepper and salt, cover with a buttered paper and bake on a trivet in a baking tin in a quick oven from 1 to 1½ hours, according to size. Dredge lightly with flour and baste well just before serving.

NOTE.—Apple or potato stuffing can be used instead of sage and onion. If you don't wish to stuff bird, put a cup of chopped celery or 2 sliced apples, or an onion in bird before roasting, and remove before serving. Sometimes I cover the breast of duck with fat bacon or salt pork before roasting. If you roast bird in an uncovered pan, add half a cup of water to the pan before placing bird on a trivet, and baste with this and the dripping that comes from the bird. Allow 20 to 25 minutes to the pound when roasting a full-grown duck. *If duck is very oily, scrub well with warm water in which you have dissolved a pinch of baking soda, then rinse and wipe bird inside and out before roasting.* Roast ducklings unstuffed. *In season*—September to January.

### CASSEROLE OF DUCK

1 Duck.	Stock.	Flour.		½ pint Shelled Green Peas.
½ teaspoon Onion Juice.				1 teaspoon Minced Mint
Salt.	Pepper.	Butter.		½ pint Chopped Mushrooms.

Clean, singe and joint duck. Dip joints in seasoned flour, then in a little hot butter, and pack into a casserole. Add

## GOOSE

*For 8 or 9 persons.*—Birds should be 6 to 12 months old. When under 6 months, known as green goose, when it is roasted like a duckling without being stuffed. Before cooking, scrub like a duck either with hot soda water or with hot soap suds. Apple, potato, sage and onion, and sausage stuffing go well with goose. In America a mixture of chestnut, sausage and veal stuffing is popular. *In season*—September to February.

## ROAST GOOSE

**TO PREPARE GOOSE FOR ROASTING.**—Singe, remove pin feathers, wash and scrub, then draw. Rinse in cold water. Wipe dry. Stuff and truss like duck. Sprinkle with salt and pepper and cover breast with 6 thin strips of fat bacon. Place bird on its back on a rack in the baking tin, containing half a cup water.

**TO ROAST.**—Roast in a hot oven for half an hour. Then reduce heat and continue baking, basting every 15 minutes with fat in pan. Cook until tender, allowing 20 to 25 minutes to the pound. When nearly ready, dredge with flour and baste well to brown the breast. Arrange on a hot dish, untruss. Garnish with watercress and cranberries, if you have them.

**NOTE:** If goose is old, steam for 1 hour before roasting. Don't stuff a gosling. Just place a pat of butter, seasoned with pepper and salt, in its body. Sharpen the goose gravy with a few drops of vinegar. In a self-basting roaster, omit water.

### AMERICAN STUFFING FOR GOOSE

8 tablespoons Butter  
1 cup Mashed Chestnuts.  
 $\frac{1}{2}$  cup Stale Breadcrumbs.  
6 oz. Mushrooms.

$\frac{1}{2}$  lb. Pork Sausage Meat.  
 $\frac{1}{2}$  tablespoon Minced Parsley.  
24 Parboiled Chestnuts.  
 $\frac{1}{2}$  tablespoon Minced Shallot.

Melt butter in a saucepan. Add shallot and chopped mushrooms, and fry 5 minutes, then add sausage meat and fry 2 minutes. Stir in chopped parsley, mashed chestnuts and salt and pepper to taste. Bring to the boil, then add whole chestnuts and breadcrumbs. Cool before using.

## ROAST GUINEA FOWL

*For 4 or 5 persons.*—Truss like a pheasant and cover breast with fat bacon, then with buttered paper. Its flesh is dry, so it is always better to lard breast when not cooking bird in a self-basting roasting pan, or pot-roasting it. Remove bacon, dredge breast with flour, and baste well when it is nearly done. Roast from  $\frac{3}{4}$  to  $1\frac{1}{4}$  hours. Garnish with watercress moistened with olive oil and seasoned with salt and pepper. Serve with orange and lettuce or orange and mint salad, bread sauce, gravy, and fried with breadcrumbs.

## PIGEON

*For 1 person.*—Should be eaten very fresh. Draw as soon as killed and cut off the toes at the first joint. Pluck, clean, draw and truss like a chicken. Some cooks only wipe pigeons before trussing, but I prefer to wash them thoroughly and dry with a cloth. Squabs, month-old pigeons, are considered a great delicacy. Grill, roast, braise or pot pigeons; boil and stew old birds. Good also for pies. Can be roasted and served like chicken or grouse. *In season*—August to April.

## POT-ROAST OF PIGEON

2 Pigeons.	Stock.	2 oz. Butter.	Flour.
3 Button Onions.		$\frac{1}{4}$ lb. Mushrooms.	
Salt, Pepper, Parsley, Thyme.			

Prepare pigeons for roasting. Melt butter in a stewpan. Dust each bird with flour and cook in butter till brown all over. Add half a cup chicken or veal stock, peeled onions, salt and pepper to taste and a sprig of parsley and thyme. Cover and cook slowly till pigeons are tender, turning birds occasionally. After they have cooked for half an hour add washed and peeled mushrooms, and cook for another half-hour. Serve on a hot dish. Thicken gravy with either a little cornflour or sour cream.

## GRILLED SQUABS

Birds should be plump, short and fat with soft legs and feet and pink flesh. Split them down the back, lard with small strips of fat bacon, place on a buttered grill, flesh side up, then grill slowly for 15 to 20 minutes. Season when half cooked, then brown on skin side. Serve each on a round or square of buttered toast. Garnish with watercress. Some people serve mushroom or tomato sauce with grilled pigeons, but I prefer them moistened with melted butter.

**ACCOMPANIMENTS.**—Green peas, new potatoes.

## TURKEY

Six to eight-week old turkeys can be grilled or roasted but not stuffed. Birds from 10 to 12 pounds are best for roasting. Choose a hen when possible. *In season*—October to March; young birds (poults) from June to October.

## ROAST TURKEY

Prepare and truss like a chicken. Both breast and body can be stuffed. Sometimes I put chestnut or veal forcemeat in one end and sausage forcemeat in the other. Allow 2 quarts of stuffing for an average turkey. Sometimes I put 1½ pounds sausage meat in one end and fill the other end with whole chestnuts. Wipe inside well with a damp cloth, then fill crop end with the sausage meat or other stuffing, draw the flap loosely over and skewer it firmly to the back. Fill body with other stuffing. Sew it up carefully and loosely so as not to tear the skin. Rub bird all over with seasoned flour, then spread with a little softened butter. Place it on its back on trivet in baking tin, cover breast with strips of fat bacon, then with buttered paper. Place in a very hot oven, 500 degrees, and when well browned reduce heat to 375 degrees if using a thermometer, and pour a cup of water or stock into the baking tin; then roast, basting frequently till tender. A 10 to 12 pound bird takes from 2 to 3 hours. 15 minutes before serving, remove paper and bacon and brown the breast, dredging with a little flour and basting well.

## YULE STUFFING FOR TURKEY

8 oz. Butter.	9 oz. Fresh Breadcrumbs.
4 Pork Sausages.	4 oz. Lean Bacon or Ham.
3½ gills Milk.	1½ dessertspoons Minced Onion.
8 Egg Yolks.	1½ teaspoons Minced Parsley.
Salt, Pepper, Paprika, Celery	½ teaspoon Crushed Sweet Herbs.
Salt.	Liver of Bird.

Sift crumbs into a basin, cover with milk, heated almost to boiling point, and after 10 minutes stir in the butter, skinned and chopped sausages, minced liver, finely minced bacon or ham, onion, parsley, beaten egg yolks and seasonings.

ACCOMPANIMENTS.—Cranberry jelly, bread sauce, braised celery, etc. Garnish with rolls of grilled bacon or little sausages with sprigs of parsley or celery tips.

# MEATS, JOINTS, ETC.

*Allow 4 to 6 oz. Solid Meat per person.*

*Allow 6 to 8 oz. Meat with Bone per person.*

In days of old, when life was more leisured and menus longer, sometimes a roast, braised, or boiled joint of meat, as well as an entrée and a game course, was served at dinner. Nowadays, it is quite common to find only one meat course included in the menu. For the modern tendency is to abbreviate rather than to lengthen, not only family but formal menus. So that the up-to-date hostess can rest assured that she is quite in the fashion no matter whether she makes a heavy entrée of meat, poultry or game, a boiled, braised or roast joint of meat, or a braised, boiled or roast bird, the one meat dish in the menu. When two meat courses are wanted, a light entrée can precede boiled, braised, or roasted meat or birds, or a game course can follow a joint of meat. Should two entrées be preferred, *the light one must precede the heavy one.*

## METHODS OF COOKING MEAT

The chief methods of cooking meat are, baking, (commonly called roasting), boiling, braising, frying, grilling, stewing, and steaming. When choosing meat for cooking, see that it is cut so that it is easily carved when cooked and served. If you order a cut to be boned for you, and ask the butcher to send it home, see that he sends the bones along with it as they make excellent soup stock.

Many housewives make the mistake of buying too large a joint for boiling or roasting. You should always consider for how many the joint is required and how often you wish to serve it up, before choosing it. On the other hand, if you don't mind having cold meat to draw upon for sandwiches, certain curries, patties, etc., the size of the joint does not matter. Before deciding on what cut you will have, always remember that meat loses about 4 ounces to the pound when boiled.

Try when catering to take advantage of cheap offers in meat. If you watch meat advertisements, and the food price lists if you happen to shop at any of the large stores, you

will see when it is cheaper to buy meat in large quantity than in small quantity. Many butchers, for example, will charge you a penny more a pound when you buy a cut off the leg than when you buy the whole leg.

### TO BOIL

Plunge fresh meat into fast-boiling salted water or stock. Boil quickly for 5 minutes, then simmer slowly until cooked. Remove any scum from time to time and make sure that meat is only simmering at 186 degrees Fahr. If allowed to boil, it will be tough. Add boiling water when necessary, *for the meat must be covered with water all the time when cooking and the lid must be on saucepan.*

NOTE. (1) If the lid of saucepan does not fit tightly, weight it down. (2) Use liquor from boiled meats for soup or sauces, removing fat when it has solidified on top. (3) When boiling salt beef, bacon, ham, salt pork, ox tongue and calf's head, place meat in a large saucepan and cover with cold *unsalted* water, then follow directions given for boiling.

#### APPROXIMATE TIMES FOR BOILING

Length of time depends on meat to be cooked. If cut is very thick, it will take longer than when thin.

BACON.—25 minutes to 1 pound, and 25 minutes over.

HAM—30 minutes to 1 pound, up to 10 pounds; allow 15 minutes to every pound over 10.

SALT PORK—25 minutes to 1 pound.

FRESH BEEF.—Thin cuts, 15 minutes to the pound, and 15 minutes over; thick cuts, 20 minutes to the pound, and 20 minutes over.

SALT BEEF—25 minutes to the pound, and 25 minutes over.

OX TONGUE. 2½ to 3 hours.

CALF'S HEAD. 3 hours.

MUTTON—20 minutes to the pound, and 20 minutes over.

LEG OF MUTTON (9 pound) 3 to 3½ hours

LAMB—15 minutes to the pound, and 15 minutes over.

VEAL.—20 minutes to the pound, and 20 minutes over.

### TO BRAISE

Place meat, after dusting with flour, in hot fat in a shallow pan. Brown well on both sides. Remove from pan while you cook prepared vegetables for a few minutes in



the same. Lay meat on top, add stock or water, seasoning to taste, cover closely, and simmer till meat is tender. *Time*—25 minutes to the pound, and 25 minutes over.

**NOTE.**—(1) Braising is an economical method of cooking and makes large cuts of tough meat appetising and digestible. (2) Meat can be browned in butter, oil, bacon fat or dripping. (3) After browning, braising can be done in a casserole or in the oven.

### DEEP FRYING (Wet Frying)

This means frying meat, croquettes, rissoles, cutlets, tripe in batter, etc., in a large quantity of fat, enough to cover. Use a deep iron saucepan or a special deep frying-pan sold complete with frying basket. You also need a perforated spoon for lifting out meat. If you use an ordinary spoon the fat will not drain away, and it will be more difficult to serve meat free from grease. Place fat in pan and heat to from 360 to 380 degrees Fahr., when a blue smoke rises from it.

If you do not use a cooking thermometer, test the fat with a small square of bread. If it is golden brown in 40 seconds, the fat is then ready to fry any cooked mixtures. Uncooked require a lower temperature. Test with bread, but allow 1 minute to brown.

Use beef dripping, lard, or olive oil for deep frying. Drain meat on paper before serving.

**NOTE.**—(1) Keep food in a warm room for some time before frying. (2) Do not think because the fat bubbles it is ready. Wait till the blue smoke rises. (3) Strain fat each time after using and it will keep good for months.

#### APPROXIMATE TIMES FOR DEEP FRYING MEAT

**CROQUETTES AND RISSOLES.**—Fry 5 minutes.

**TRIPE IN BATTER.**—Fry 7 minutes.

**HAM CROQUETTES.**—Fry 3 minutes.

**CUTLETS.**—Fry 15 minutes.

### TO SHALLOW FRY (Dry Fry or Sauté)

Fry in a frying pan with a small quantity of fat. Choose fats as in deep frying, or use butter, bacon fat, chicken fat, or fat skimmed from soup stock. Fry meat first on one side, then on the other. Food fried in this way is not so digestible as when fried in deep fat, as it is impossible to shallow fry meat without the meat absorbing a certain

amount of the fat. Drain well on paper as in deep frying. Shallow frying is not so economical as deep frying.

NOTE.—Save all drippings from fried bacon and use bits of fat trimmed from cutlets, etc., for frying with.

### TO GRILL

Chops, steaks, cutlets, kidneys, sausages, bacon, ham, etc., can all be grilled. You can grill over live coals, a gas or oil flame, or an electric unit. If you use a fire, make it up in plenty of time so that it is bright and free from smoke when you want to grill. If you use gas, oil, or electricity, have the grill red hot. The gridiron on which meat is placed should be well greased with butter or oil. When grilling by gas, keep gas on full for the first 3 minutes to seal in the meat juices, then lower gas. Use a pair of tongs for turning meat and on no account pierce it with a fork.

#### APPROXIMATE TIMES FOR GRILLING MEAT

FILLET, POINT AND RUMP STEAKS.—(Prime) 12 to 15 minutes.

LAMB AND MUTTON CHOPS.—(Loin, best) 8 to 10 minutes.

CUTLETS.—8 minutes.

CHOP OR STEAK. (Rare, 1½ inches thick) 10 minutes.

KIDNEYS.—6 minutes.

SAUSAGES.—10 to 12 minutes.

LIVER AND TRIPE.—4 to 5 minutes.

BACON AND HAM.—(Depending on thickness) 2 to 5 minutes.

NOTE.—Turn meat frequently after juices are sealed in.

### TO PAN-GRILL (or Broil)

Cook in a hot pan, *ungreased*, when a fat meat is to be broiled, like bacon or pork. When meat like steak is to be broiled, use *very, very little fat*. Cook like dry frying.

### MIXED GRILL

Allow per person—1 pork sausage, 1 sheep's kidney, 1 rasher of bacon, 1 tomato, 1 mushroom if liked, 1 lamb cutlet, mutton chop or rump or fillet steak. Trim and flatten cutlets slightly. Wash, dry, skin, and split kidney open down the centre, then remove the core without separating the halves. Pass a skewer through the centre to

prevent edges curling. Cut any rind and rusty parts from the bacon. Smooth bacon with the blade of a knife, then roll up and run roll on to a small skewer. If tomato is large, cut in half. Wash, dry, skin and stalk mushroom, and prick the sausage. Choose a veal sausage in hot weather and a pork sausage in cold weather.

Brush kidney with melted butter; place on the grill or in the gridiron, or "brander" as we call it in Scotland when we grill over a coal fire, all the food that takes longest to cook. Add other ingredients in time for all ingredients to be ready at once. If kidney is very large, it may take 8 minutes, but you must not over-cook it or it won't be eatable. Grill as described above. Mushrooms take about 8 minutes and tomatoes 6 to 7 minutes.

ACCOMPANIMENTS. - Serve potato straws or chips and garnish with watercress. A pat of maitre d'hôtel butter or butter flavoured with any piquant sauce, can be served on the meat.

### TO ROAST (To Bake)

In days gone by, roasting was done on a spit. Sometimes joints were roasted in a Dutch oven in front of a clear, hot fire. Nowadays, roasted joints are really baked joints except in large establishments where it is still possible to cook on the spit. In the average home, roasting à la broche, as the French call it, is impossible. Baked meat is what is popularly called roasted.

#### UTENSILS REQUIRED

*Baking Tin (best if fitted with a strainer in one corner), or Self-basting Roasting Pan.*

*Trivet.*

*Basting Spoon.*

*Pounded Strainer for use with ordinary baking tin.*

To roast well, you have to consider the following points: (1) Whether meat is liked overdone or underdone. (2) Whether meat is liked stuffed or unstuffed.

It is impossible to give exact times for roasting. No matter how much time you allow per pound, *a thick joint will need longer than a long, thin joint of the same weight.* If a joint is stuffed, allow 5 minutes longer per pound than you would for unstuffed meat.

**TO ROAST A JOINT.** - Wipe joint; place on a trivet in a baking tin. Sprinkle with pepper and salt, and dredge with flour, or rub seasoned flour in with the hands. *Sometimes I*

*omit the flour and cover roast with leaf suet or dripping before placing in the oven.*

No matter how I prepare roast, I place it in a hot oven, about 500 degrees Fahr., and roast for 15 or 20 minutes at this high temperature to seal in the juices, till the outside of the meat is what is called "set," then I lower the temperature to 350 degrees or 400 degrees Fahr. and roast, basting frequently with hot fat every 8 to 10 minutes, unless I happen to be using the self-basting roasting pan. When I cook meat by the floured method, I baste it with melted dripping. When meat is half-done, turn it and dredge lower side with flour and finish roasting. If you are afraid of the flour burning in the pan, add a cup of water.

NOTE Some cooks prefer to season joint when half-cooked, I have tried this method as well as seasoning at the beginning, and frankly consider the result practically the same, so please yourself how you season it.

#### TO MAKE GRAVY

Pour all the fat from the baking pan slowly into a basin until you have nothing left but a brown sediment, which is the juice or essence of the meat. Stir in  $\frac{1}{2}$  saltspoon salt and  $\frac{1}{2}$  pint of boiling water or stock, made from boiling a bone of the same meat as the joint. When roasting a leg of mutton, boil the knuckle bone for the gravy. When roasting a joint of beef, make stock from some beef bones. Place the saucepan on the fire and stir contents with a wooden spoon, scraping off any meat juice that adheres to the tin. As a rule, the gravy should be brown enough without any addition, but if it is pale, add 1 or 2 drops of browning, *just to colour*. If you wish to serve gravy on the same dish as the meat, pour it round, *not over the meat*. Meat should be crisp on the outside.

#### APPROXIMATE TIMES FOR ROASTING MEAT

**BEEF.**—Rare, 15 minutes to the pound, and 15 minutes over

Beef, Medium, 20 minutes to the pound, and 20 minutes over.

**BEEF** Well done, 25 minutes to the pound, and 25 minutes over

**LAMB** 20 to 25 minutes to the pound, and 20 to 25 minutes over.

**MUTTON.**—20 to 25 minutes to the pound, and 20 to 25 minutes over.

**PORK.** 25 minutes to the pound, and 25 minutes over.

**VEAL.**—25 minutes to the pound, and 25 minutes over.

### TO POT-ROAST

Choose an iron saucepan with a tightly fitting lid. Melt 2 or 3 tablespoons of dripping in pan. Fry meat, turning it frequently, till brown all over, then season and cover closely and cook slowly by the side of the fire. Allow 1 hour to the pound. If inclined to burn, add a little stock or water. A good way to cook inexpensive cuts of meat.

### TO STEW

The most economical method of cooking in an ordinary saucepan. Cut meat into suitable pieces for serving. Insist on butcher giving you brisket, shin, or clod when possible. Brown meat well in a little smoking hot fat in a saucepan, dredging it well with flour before browning. Add stock or water as required, cover and cook for 1 hour, then season and add prepared vegetables. It depends on what is being stewed when you add the vegetables. If the stew takes longer than 2 hours to cook, and the vegetables only take half an hour or 20 minutes, do not add them until half an hour or 20 minutes before meat is supposed to be ready. Stew must only simmer when cooking. Stew brisket for  $2\frac{1}{2}$  to 3 hours; shoulder steak, thick part of flank and beef skirt 2 to  $2\frac{1}{2}$  hours; haricot mutton,  $1\frac{1}{2}$  to 2 hours; liver and bacon,  $1\frac{1}{2}$  hours; veal, 1 to  $1\frac{1}{2}$  hours; ox tail, 3 to  $3\frac{1}{2}$  hours.

### TO STEAM

To steam is to cook in the steam that rises from boiling water or stock. The simplest way is to cook in a steamer, or place meat on a perforated trivet or rack which keeps meat above the water or stock, but allows the steam to circulate round it. Meats for boiling can be steamed, but will take longer.

### CASSEROLE COOKERY

Meat can be braised, stewed, or pot-roasted in a casserole. If cooking with a casserole over gas, place an asbestos mat between gas flame and casserole. Before using a new casserole, rub the outside of bottom with a clove of garlic or

cut onion, fill with cold water, add a pinch of salt, place on top of an asbestos mat over a gas flame and slowly bring water to the boil. Simmer for a few minutes, then remove casserole, and when the water is cold, empty it out and use casserole as required. *Never place an empty casserole or a casserole that is wet on the outside either in the oven or on the range.*

### HIGH-PRESSURE AND WATERLESS COOKERY

Be careful to follow the directions that go with the different makes. Whole meals can be prepared and cooked in both these cookers over one gas flame. You can bake, boil, braise, fry, sauté and stew in a waterless cooker. You can bake, stew, make soup, etc., in a pressure cooker, in less time than any other cooker, which means a great saving in fuel. A pressure cooker is ideal for cooking split peas, lentils, haricots, etc. No kitchen equipment is complete without a high-pressure and waterless cooker.

### TO USE UP SOUP MEAT

1 quart Soup Meat.	1 pint Stock.
2 hard-boiled Eggs.	2 small Onions.
1 teaspoon Salt.	1 tablespoon Instantaneous
Pepper.	Gelatin

Shell and slice eggs thinly. Dissolve gelatine in the cold stock. Rinse an oblong loaf tin out with cold water and decorate with slices of egg. Season meat to taste and pack it into the lined mould. If you have any egg slices left, arrange them on top of the meat. Gently pour in stock and stand in a cold place till set. Serve, cut into slices, with potato salad. This recipe can be followed with cold boiled beef.

## BEEF

### BOILED SILVERSIDE OF BEEF

3 lb. Silverside.	3 small Carrots.
3 small Turnips.	8 Peppercorns
1 medium Parsnip.	1 small Cabbage, if liked.
Suet Dumplings.	

*For 6 persons.*—Wash meat well. If very salt, soak for a few hours in cold water, then wipe. Tie into a round with a piece of string or tape. Place in a pan of cold water, enough to cover. Boil up. Skim, simmer gently for 30 minutes,

then skim again and boil three-quarters of an hour, when add peeled, washed, and sliced cabbage, turnips, carrots, parsnip, dumplings and peppercorns. Cover, and simmer again for half an hour. If vegetables are old, add sooner.

## DUMPLINGS

1 cup Flour.	2 level teaspoons Baking Powder.
6 tablespoons Milk.	1 teaspoon Butter
$\frac{1}{2}$ teaspoon Salt.	Tiny pinch Crushed Herbs.

Sift dry ingredients into a basin. Lightly rub in butter. Stir in milk carefully. Place on a floured board. Shape quickly with hands to round half inch thick. Cut into rounds with a cutter, then add to boiling stock

## SIMPLE BRAISED BEEF

1½ lb. Rump Steak.	$\frac{1}{2}$ lb Bacon Fat.
2 small Onions.	3 young Carrots
1 stick Celery.	1 pint Good Stock
1 Bay-leaf Thyme.	1 sprig Parsley
Salt and Pepper.	$\frac{1}{2}$ cup Diced Turnip.

For 4 or 5 persons. -Chop and fry bacon, then remove scraps. Cut the steak into neat fillets, sprinkle with salt and pepper to taste, and brown all over in the hot bacon fat. Avoid piercing the meat with a fork or skewer when turning. Better to turn with a blunt knife. Sometimes I cook the meat all in one piece after larding it with strips of fat bacon, using half the bacon mentioned for larding and half for frying. Place the turnip, diced carrot, and sliced onion and celery all in the bottom of a deep saucepan or casserole with meat on top. Add other ingredients, then take a piece of kitchen paper, cut a cover from it the shape and size of casserole or pan, and butter and place it over the beef. Cover pan or casserole and cook slowly for 4 hours, basting every half-hour and turning at the end of 2 hours. Serve in the casserole or turn out of saucepan, with meat in centre, and sauce and vegetables round.

## FRIED STEAK

2 lb. Rump or Fillet Steak.	2 oz. Drippings. Gravy.
Salt, Pepper.	

For 6 persons.—Trim steak neatly. Cook whole, or cut before frying into suitable pieces for serving. Melt dripping in pan. Make smoking hot. Put in the steak and brown on one side and then on the other. Turn often with a blunt knife while frying so as not to pierce the meat. Cook till tender,

time depending on the thickness of the steak. Serve on a hot dish. Sprinkle with salt and pepper. Pour round a little gravy (see page 41), flavoured, if liked, with mushroom ketchup or Yorkshire relish. If thick gravy is wanted, add a teaspoon of cornflour to the fat in the pan. Stir till brown, add 1 gill water, and when boiling, season to taste.

ACCOMPANIMENTS. Rings of fried onions, Brussels sprouts, buttered peas or French beans, French mustard, and potato straws or chips.

### GRILLED FILLET STEAK

1½-1¼ lb. Fillet Steak. | 1 oz. Butter.  
Maitre d'Hôtel Butter.

For 4 or 5 persons.—Steak can be from ½ to 1½ inch thick, preferably the latter. Dip steak in melted butter. Grill under gas or an electric grill, or on a clear coal or coke fire, on a gridiron, for a minute on each side to seal in the juices of the meat, then continue cooking, turning frequently with tongs till steak is tender, about 8 to 10 minutes, depending on thickness. Serve carved in individual portions on a hot dish. Sprinkle with pepper and salt and place a pat of maitre d'hôtel butter on each.

NOTE: If liked well done, cook from 12 to 15 minutes. Steak can be served with mushroom relish or mushroom or tomato sauce, or spread with Hollandaise sauce, seasoned with onion juice and chopped parsley: potato chips or straws.

### STEAK, VICTOR HUGO

2 lb. Thick Rump Steak. | 1 tablespoon Tarragon Vinegar.  
2 Egg Yolks. | ½ teaspoon Chopped Shallot.  
1 teaspoon Lemon Juice. | ½ cup Butter. Horseradish.  
¼ teaspoon Meat Extract.

For 4 persons. Simmer shallot and vinegar in a saucepan for 5 minutes. Divide butter in three. Add one piece to the mixture, then stir in egg yolks, lemon juice, and meat extract. Turn into the top of a double boiler and cook, stirring constantly till butter is melted, when add second piece. Keep stirring and when second piece is melted add third piece and stir till thick, when add 2 teaspoons grated horseradish. Grill steak as usual and serve on a hot dish, garnished with grilled mushrooms or tomatoes, potato straws and watercress, with sauce in a hot sauce boat.

### FILLETS OF STEAK WITH CHESTNUT PURÉE

6 Fillets of Steak. | 1 oz. Butter.  
¼ pint Chestnut Purée.



*For 6 persons.* Fillets should be 1 inch thick and cut in circular shape. Grill 5 minutes; spread with butter. Season to taste and serve on a hot dish in overlapping slices with the purée piled up in the centre. Garnish with watercress and halved, grilled tomatoes.

#### TO VARY FILLET OF STEAK

**1. CHATEAUBRIAND.**--Cut a 2-inch thick steak from the thickest part of the undercut of the sirloin. Trim, sprinkle with pepper and salt, brush with olive oil or melted butter and grill. Serve on a hot dish with a pat of maitre d'hôtel butter—1 ounce butter worked with 1 teaspoon minced parsley, and the juice of half a lemon, and with the addition of a teaspoon of rich gravy, melted glaze, or Worcester sauce to taste—melting on top. This quantity of butter is enough for 4 persons. One fillet is enough for 2 persons.

#### ROAST RIBS OF BEEF

Usually boned and rolled. Is an economical joint. Roast, see notes on roasting (page 166). Sometimes stuffed.

**ACCOMPANIMENTS.**--Gravy, grated horseradish, Yorkshire pudding.

#### ROAST SIRLOIN OF BEEF

See notes on roasting (page 166).

**ACCOMPANIMENTS.**—Yorkshire pudding, baked or new potatoes, grated horseradish or horseradish sauce, gravy. Small roasted onions go well with roast beef.

**TO DISH UP ROAST BEEF.**—Place ribs and sirloin on the hot serving dish with the bone to the left of the carver. The well of the dish should be to the right so that gravy can be served with the right hand.

**TO CARVE JOINT.** The bone should be to the left and the thickest part up and away from the carver. See that plates and sauce boat are hot before dishing up.

#### YORKSHIRE PUDDING

$\frac{1}{2}$ lb. Flour.		$\frac{1}{2}$ pint Milk.
1 large Egg.		$\frac{1}{2}$ teaspoon Salt.
		$\frac{1}{2}$ tablespoon Dripping.

*For 4 or 5 persons.*--Sift flour and salt into a basin. Make a hollow in the centre. Break egg into hollow, then add 2 tablespoons of the milk. Stir in a little flour from the side with a wooden spoon, adding and stirring until you get a smooth batter and half the milk has been added, then beat

for 5 minutes. Stand for at least 20 minutes, then heat the dripping in a shallow, fireproof dish or a baking tin, and when melted, and the tin or dish is well greased all round, stir the remainder of the milk into the batter and pour into the hot tin or dish. Bake in a hot oven for 20 to 30 minutes. Serve, cut in 2-inch squares round beef, or in a separate hot dish. If roasting beef on a trivet, the pudding can be cooked under the meat in the baking tin, which is the way I prefer.

### EXETER STEW

1 lb. Lean Steak.	2 oz. Dripping.
2 Onions.	2 pints Cold Water.
$\frac{1}{2}$ lb. Tomatoes.	2 tablespoons Vinegar.
2 tablespoons Flour.	Pepper and Salt.

*For 4 persons.*—Wipe and cut meat in neat pieces. Melt dripping and when smoking hot, brown meat. Lift meat on to a plate. Brown sliced onions lightly. Add flour, stirring it well in the water, vinegar and seasoning. Boil up and add meat and peeled tomatoes. To peel tomatoes easily, dip first in boiling water. Cook till meat is tender, and serve with dumplings and mashed or new potatoes.

### BEEF OLIVES

1 lb. Stewing Beef.	2 small Onions.
1 tablespoon Flour.	2 cups Water or Stock.
$1\frac{1}{2}$ teaspoons Minced Parsley.	6 tablespoons Breadcrumbs.
Dash of Crushed Herbs.	1 tablespoon Chopped Suet or Butter.
Pepper and Salt.	Dripping.

*For 4 persons.*—Slice beef thinly and cut into strips 3 inches long and  $1\frac{1}{2}$  inches wide. Mix the breadcrumbs, parsley, pepper and salt and herbs, 1 teaspoon minced onion or chives, and butter or suet together with just enough milk to moisten. Place a little stuffing on each strip and roll up. Tie up each roll with clean string. Melt 1 tablespoon dripping in a saucepan and when smoking hot brown the rolls, dipped in flour, then remove to a plate. Fry the sliced onions without browning. Return rolls to saucepan; add 1 cup water or stock. Cover and simmer for  $1\frac{1}{2}$  hours. Serve with boiled, new or mashed potatoes.

### STEWED SHIN OF BEEF

2 lb. Shin of Beef.	1 dessertspoon Dripping.
1 Chopped Onion.	2 large cups Water.
$\frac{1}{2}$ lb. Green Peas.	Pepper. Salt. Flour.

*For 6 or 7 persons.*—Dip meat in flour seasoned with pepper

and salt, and brown in the hot dripping. Add onion and fry lightly. Pour over the water, cover, and simmer gently for 3 hours. At the end of  $2\frac{1}{2}$  hours, add peas. Finish cooking. Serve meat in a hot dish with peas round. Sometimes haricot beans are substituted for the peas.

### STEWED STEAK AND ONIONS

- |   |   |
|---|---|
| $1\frac{1}{2}$ lb. <i>Shoulder Steak.</i> | 1 gill <i>Water.</i>                        |
| 2 <i>large Spanish Onions.</i>            | $\frac{1}{2}$ <i>teaspoon Meat Extract.</i> |
| <i>Flour. Hot Dripping.</i>               | <i>Salt and Pepper to taste.</i>            |

*For 4 or 5 persons.* - Leave steak whole or cut in suitable pieces. Dip in seasoned flour. Brown in  $1\frac{1}{2}$  tablespoons hot dripping. Place in a casserole. Add water, sliced onions, meat extract, salt and pepper to taste, and cover. Cook slowly in the casserole from 2 to  $2\frac{1}{2}$  hours. Serve with mashed or riced potatoes and mashed turnips.

### BAKED STUFFED OX HEART

- |  |                                       |
|--|---------------------------------------|
| 1 <i>young Ox Heart.</i>                       | 2 <i>cups Breadcrumbs.</i>            |
| 1 <i>Minceed Onion.</i>                        | 2 <i>tablespoons Melted Butter or</i> |
| $\frac{1}{2}$ <i>teaspoon Crushed Sage.</i>    | <i>Margarine.</i>                     |
| $\frac{1}{2}$ <i>teaspoon Chopped Parsley.</i> | <i>Salt, Pepper and Paprika.</i>      |

*For 5 persons.* Clean and remove all veins, arteries and clotted blood from the heart, if the butcher has not already done so. Mix the crumbs with minceed onion, fat, parsley, sage, and paprika, salt and pepper to taste. Stuff heart with mixture and sew up opening carefully. Rub all over with seasoned flour, then with dripping. Bake in a moderate oven for  $1\frac{1}{2}$  to 2 hours. Serve with baked potatoes and buttered kale.

### HAMBURG STEAKS

- |   |                           |
|---|---------------------------|
| $1\frac{1}{2}$ lb. <i>Chopped Beef.</i> | 1 <i>cup Breadcrumbs.</i> |
| 1 <i>teaspoon Onion Juice.</i>          | 1 <i>teaspoon Salt.</i>   |
| 1 <i>Egg Yolk.</i>                      | <i>Flour. Bacon Fat.</i>  |
| <i>Paprika and Pepper to taste.</i>     |                           |

*For 4 to 6 persons.* - Use round of beef, adding, if very lean, a little minceed fat salt pork. Mix all ingredients together and form into 6 small, flat cakes about  $1\frac{1}{2}$  inches thick. If large ones are wanted allow an extra  $\frac{1}{2}$  pound of meat. Dip lightly in flour, and fry in 1 tablespoon of melted bacon fat, or omit flour, and brush with melted butter and grill. Grill quickly on each side for 2 minutes, then cook slowly.

turning occasionally, for 6 or 7 minutes. Fry for 7 to 10 minutes. Make into one flat cake if preferred.

#### TO VARY HAMBURG STEAKS

1. Use half pork and half steak, or use equal quantity of pork, steak and veal. Serve with halved fried tomatoes.

2. Omit onion from recipe, and garnish with fried onion rings. Serve on rounds of fried bread.

3. Add  $\frac{1}{2}$  teaspoon lemon juice and a pinch of grated nutmeg, or add  $\frac{1}{2}$  teaspoon crushed herbs, to each  $1\frac{1}{2}$  pounds steak.

4. Place the original mixture or any of the variations in a loaf tin, buttered and thickly sprinkled with breadcrumbs. Cover closely with rashers of bacon. Bake 1 hour in a moderate oven, 350 to 375 degrees Fahr. Serve hot with tomato sauce or sliced when cold with a salad for Sunday night's supper.

#### SWISS STEAK

<i>1 thick slice Round Steak.</i>	<i>1½ cups Tomatoes, tinned or</i>
<i>1 cup Peas.      Bacon Fat.</i>	<i>striced.      Flour.</i>
<i>1 cup Hot Beef Stock or Water.</i>	

*For 4 to 6 persons.*—Take a  $1\frac{1}{2}$  to 2 pound slice of steak. Sprinkle thickly with flour. Pound steak, sprinkling with as much flour as it will absorb, then sprinkle both sides with salt and pepper to taste. Melt  $1\frac{1}{2}$  tablespoons bacon fat in frying pan and when smoking hot brown steak on both sides. Place steak in a casserole together with any bacon fat that remains, add stock or water, tomatoes and peas. Cover and cook slowly in a moderate oven—325 degrees Fahr.—till tender, in about 3 hours. Serve with mashed potatoes.

#### SCOTCH COLLOPS

<i>1½-2 lb. Steak.</i>	<i>1½-2 tablespoons Dripping or</i>
<i>2 or 3 Onions.</i>	<i>Butter.      Breadcrumbs.</i>
<i>Salt and Pepper.</i>	<i>1½-2 cups Stock or Water.</i>

*For 4 persons* -- Put the steak through a mincer. There should be a little piece of fat with it. Melt fat in a stewpan and when smoking hot add chopped onion and cook for a few moments before adding the steak. Add steak and brown carefully, stirring it well with a wooden spoon to prevent lumping. Add stock and salt to taste, then cover and simmer 1 hour. Stir in breadcrumbs, a handful for every cup of stock used. Season with pepper, and also mushroom ketchup if liked. Cover and cook for 3 or 4 minutes. Serve on a hot

dish. Garnish with sippets of fried bread, or fried toast or serve in a border of mashed potatoes.

TO VARY SCOTCH COLLOPS.—1. Cook with 2 tablespoons of breadcrumbs, or oatmeal, and serve surrounded by  $\frac{1}{2}$  pound macaroni boiled in salted water and drained.

2. Use 4 cups water. Cook for half an hour, then add suet balls made from 1 cup flour,  $1\frac{1}{2}$  ounces chopped suet,  $\frac{1}{2}$  teaspoon baking powder,  $1\frac{1}{2}$  teaspoons minced parsley, salt, pepper and crushed herbs to taste and water to mix. Make into 12 balls with floured hands.

3. Breadcrumbs may be omitted and the gravy thickened with a little cornflour, moistened with water.

### BRAISED OX TONGUE

1 Ox Tongue, fresh.	1 tablespoon Butter.
2 Onions.	2 Carrots.
1 Bay-leaf.	Bacon.
3 sprigs Parsley.	2 Cloves.
	Salt and Pepper.

For 8 to 10 persons.—Place the tongue in a saucepan. Cover with cold water. Bring slowly to the boil, then let it cool in liquid. Skin, trim, and fasten the thick part to the tip with a skewer. Melt the butter in a saucepan. Add minced onion and cook till brown, when add tongue. Cover and simmer for 15 minutes, then add 2 teaspoons chopped bacon, 2 sliced carrots and herbs and cloves. Brown again, then add the quantity of liquor required from water in which tongue was boiled. Season, cover and simmer  $1\frac{1}{2}$  hours, turning every 15 minutes so that the tongue will be cooked equally all over. Serve in a hot dish, with mashed potatoes and spinach or green peas. Strain the sauce before pouring over. If liked, sauce can be flavoured with Worcester sauce or Yorkshire relish.

### SIMPLE SCOTCH CURRY

$\frac{1}{2}$ lb. Steak.	4 large Onions.
$\frac{1}{2}$ pint Stock.	1 teaspoon Vinegar.
1 teaspoon Curry Powder.	3 oz. Butter.
1 Apple.	$\frac{1}{2}$ teaspoon Allspice.
1 tablespoon Desiccated Coconut	

For 2 persons.—Melt butter till smoking hot. Brown meat, cut in dice, add peeled and sliced onions to butter and fry for a moment or two, then add curry powder, allspice and stock. Stir till boiling. Add vinegar, then meat.

Season with salt. Simmer 2 hours. Serve on a hot dish with boiled rice round.

### TRIPE AND ONIONS

2 lb. Tripe.	4 large Onions.
$\frac{1}{2}$ pint Milk.	1 oz. Flour.
1 teaspoon Salt.	$\frac{1}{2}$ pint Water.

*For 4 to 6 persons.*—Tripe should be bought ready cleaned. Place in a saucepan, cover with cold water, and bring to boil, then remove from pan and cut into 3-inch squares. Return to rinsed saucepan. Cover again with cold water, add salt, bring to boil, add sliced onions, cover, and simmer from 2 to 3 hours till tender, then drain off water. Mix flour to a paste with the milk, and stir mixture with the tripe till boiling. Simmer for 15 minutes. Season to taste. Serve on a hot dish with new or mashed potatoes. Only 2 onions need be used, if preferred.

### TRIPE À LA NICOISE

2 lb. Tripe.	6 Onions.
1 oz. Butter.	1 pint Stock.
$\frac{1}{2}$ pint Sherry or White Wine.	3 Carrots.
	Pepper and Salt.

*For 4 to 6 persons.*—Melt butter in a casserole. Add sliced carrots and onions and fry till brown. Add tripe, cut into 2-inch squares, with pepper and salt to taste. Stir in stock and wine. Cover closely and cook in a very slow oven for 4 or 5 hours. Serve from casserole, with mashed potatoes.

### RAGOUT OF OX KIDNEY

1 lb. Ox Kidney.	Butter. Flour.
1 pint Water or $\frac{1}{2}$ Water and	2 small Onions.
$\frac{1}{2}$ Beef Stock.	Salt, Pepper,
1 oz. Beef Dripping.	Paprika.

*For 4 persons.*—Skin and core kidney and cut into  $\frac{1}{4}$ -inch thick slices. Melt dripping in a stewpan. Make smoking hot. Dip kidney in flour, seasoned with salt and pepper, and fry in the hot fat until brown all over, together with the onion. Drain off fat. Add the water or stock or all stock. Season to taste. Cover and simmer 1 hour. Mix butter and flour to a paste and add to stew in small pats, 1 at a time. Cover and simmer till kidney is perfectly tender. Serve on a hot dish, season sauce to taste, and strain over. Arrange a border of mashed potato round, or serve kidney in a border of boiled rice, seasoned to taste and moistened with butter.

## STEWED OX TAIL

1 Ox Tail.	1 Onion.
1 Carrot.	1 small Turnip.
1 cup Green Peas.	$\frac{1}{2}$ oz. Butter.
1 sprig Thyme.	1 Bay-leaf.
$\frac{1}{2}$ small glass Water.	$\frac{1}{2}$ clove Garlic.
$\frac{1}{2}$ oz. Bacon.	$\frac{1}{2}$ pint Boiling Water or Stock.

*For 5 or 6 persons.*—Cut ox tail into 3 or 4 inch lengths. Melt butter in a saucepan. Add chopped onions and pieces of ox tail. Brown a little, then add diced carrot and turnip and brown slightly. Add chopped bacon, thyme, bay-leaf, and minced garlic. Stir over a quick fire for 2 minutes, then stir in  $\frac{1}{2}$  glass of water. Cook two minutes longer, then add boiling water or stock and season to taste. Add peas if using fresh ones. Cover and simmer very gently for about 2 hours or till tender. If using tinned or bottled peas, add just before serving. Serve garnished with croûtons of fried bread.

## VEAL

## TO ROAST VEAL

See TO ROAST (page 166). Best joints for roasting—fillet and loin.

**GARNISH.**—Rolls of bacon and cut lemon. If not stuffed, serve also garnished with forcemeat balls.

**TO DISH ROAST VEAL** - Place all joints with prominent bones so that the bone is to the left and the thickest end to the right. The meatiest part should be upwards for the carver to start on.

**ACCOMPANIMENTS.**—Roast, new, or scalloped potatoes; French beans; green peas; broad beans; carrots and peas. Brown gravy. Thicken gravy, when possible with sour cream.

**ROAST STUFFED SHOULDER** - See SHOULDER OF MUTTON page 166.

## BLANQUETTE DE VEAU

2 lb. Fillet or Breast of Veal.	2 oz. Butter.
1 Bay-leaf. 2 Cloves.	1 gill Stock.
1 $\frac{1}{2}$ lb. Small Potatoes.	Seasoned Flour.

*For 6 or 7 persons.*—If making with fillet, have it cut thinish and in even slices. Melt butter in a frying pan. Dip veal in seasoned flour and fry till well browned all over. Place in a stewpan. Add stock, 2 cloves and bay-leaf, and



1 Prepare the meat as for steak and kidney pie (See Index)

2 Remove skin and gristle from the suet, and shred it for the suet crust (See Index)



3 Stir the suet into the sifted flour, then make into a paste with cold water

4 Cut off about one third of the pastry for







6



7- Brush the edges with water and cover the pudding with pastry



7



8 — Serve the pudding in the basin wrapped round with a clean napkin



arrange peeled potatoes round. Cover and simmer  $1\frac{1}{2}$  hours. When ready, serve on a hot dish, add a little water or stock to gravy in pan. Bring to boil, stirring well, and strain over veal. Serve potatoes on a separate hot dish.

### BREAST OF VEAL (Stuffed and Roasted)

<b>4 lb. Veal.</b>	<b>1 Egg.</b>
<b>2 oz. Butter or Suet.</b>	<b>2 teaspoons Minced Parsley.</b>
<b><math>\frac{1}{2}</math> teaspoon Grated Lemon Rind.</b>	<b><math>\frac{1}{2}</math> teaspoon Crushed Herbs.</b>
<b><math>\frac{1}{2}</math> lb. Breadcrumbs.</b>	<b>Salt, Pepper, Cayenne.</b>

For 8 or 9 persons.—Mix finely chopped parsley and suet with crumbs, herbs, lemon rind, and egg to bind. Spread over veal, roll up, and fasten with a skewer. Place in a baking tin with a piece of suet on top. Cook in a very hot oven for 10 minutes. Reduce heat and roast, allowing 25 minutes to the pound, and 25 over. Serve on a hot dish when ready. Make gravy as usual but thicken. See GRAVY, page 11. Garnish with rolls of grilled bacon and slices of lemon.

### CASSEROLE OF VEAL

<b><math>1\frac{1}{2}</math> lb. Breast of Veal.</b>	<b>3 Bacon Rashers.</b>
<b>2 Onions.</b>	<b>3 small Carrots.</b>
<b><math>\frac{1}{2}</math> tablespoon Flour.</b>	<b>1 slice Lemon.</b>
<b>1 Egg Yolk. Parsley.</b>	<b><math>1\frac{1}{2}</math> pints Water or Stock.</b>

For 4 or 5 persons.—Trim and boil veal for half an hour, putting to boil in cold water and skimming before covering pan. Drain, remove rind from rashers of bacon, cut in halves, and place in the bottom of a casserole. Arrange veal on top. Sprinkle with flour, slice in carrots and onions, and add a sprig of parsley and slice of lemon. Pour in stock, cover, and place in a moderate oven. Cook slowly till tender, in about 2 hours. Season to taste when half-cooked. Stir in the egg yolk, after diluting it with a little of the stock, just before serving.

### FRIED VEAL CUTLETS

<b><math>1\frac{1}{2}</math> lb. Fillet of Veal.</b>	<b>1 Egg.</b>
<b>Pepper and Salt.</b>	<b>1 teaspoon Melted Butter.</b>

For 5 or 6 persons.—Trim, divide into suitable portions, and sprinkle cutlets with pepper and salt. Beat them well. Dip in egg beaten with melted butter. Melt an "egg" of clarified butter in a frying pan, and when smoking hot, place cutlets in pan and cook slowly for 10 minutes on each side. Serve with butter strained over and garnished with  $\frac{1}{2}$  pound of boiled macaroni, re-heated in tomato sauce,

flavoured with ham, cooked mushrooms and grated cheese. Or remove cutlets to hot serving dish as soon as cooked, and add cream, fresh or sour, to thicken gravy to pour over cutlets. Garnish with fried mushrooms and asparagus tips.

#### TO VARY VEAL CUTLETS

Flatten cutlets, season, dip in flour, and cook as above, only allowing 15 minutes. Add a very small cup of stock and a few drops of caramel. Cook till liquid is reduced by half, then serve.

#### FRIED SCALLOPS OF VEAL

*Allow 1 Scallop per person.*—Get your butcher to cut you thin slices of veal off the leg, in the Continental fashion, with no bone, or cook veal cutlets in the following ways :

1. *A LA POELE.*—Fry half-inch thick scallops for 10 minutes in a little boiling hot olive oil, turning them frequently. Season to taste with salt and pepper, then turn into a casserole together with oil, and cook for 5 minutes. Serve with risotto, peas, or with tomato sauce.

2. *A LA BRETONNE.* *For 6 persons.*—Boil enough turnips to allow  $\frac{1}{2}$  a cup for each. Rub through a sieve when tender, season to taste, and stir in 2 tablespoons of cream. Arrange in the middle of a hot dish, with scallops beaten, brushed with egg yolk, seasoned to taste and crumbed, then fried till golden, overlapping round.

#### WIENER SCHNITZEL

*2 lb. Scallops or Cutlet of Veal.*

*1 tablespoon Butter.*

*Flour.*

*Breadcrumbs.*

*$\frac{1}{2}$  teaspoon Salt.*

*$\frac{1}{2}$  teaspoon Paprika.*

*6 Anchovies.*

*Beaten Egg. 1 Lemon.*

*For 6 or 7 persons.*—Flatten slices evenly. Sprinkle both sides with paprika and salt. Dip lightly in flour, then egg and crumb. Melt butter in a frying pan. When smoking hot, add slices of veal. Fry 8 minutes on each side. Serve, arranged on a hot dish with a slice of lemon, topped with a curled anchovy, on top of each. Garnish with parsley. Sometimes I do not flour the cutlets, but simply egg and roll them in equal quantity of crumbs and Parmesan, and fry as described, but then I serve them with buttered spinach and small potatoes, parboiled and stewed in butter.

# STEWED VEAL AND TOMATOES

<b>1½ lb. Neck, Breast, or Fillet</b> <i>of Veal.</i>	<b>½ lb. Tomatoes.</b>
<b>½ oz. Cornflour. Mace.</b>	<b>2 medium Onions.</b>
<b>½ Bay-leaf. ½ clove Garlic.</b>	<b>8 oz. Fat Bacon.</b>
	<b>Pepper and Salt.</b>

**For 4 or 5 persons.**—Cut bacon into cubes and fry till fat runs freely. Lift out bacon and add finely minced onion. Cook for a few minutes, but do not brown. Cut veal into suitable pieces and fry quickly on each side, then add tomatoes, a pinch of ground mace, garlic, pepper and salt to taste, and ½ bay-leaf. Cover and simmer gently for 1½ hours. Serve on a hot dish and pour over the strained sauce, thickened with cornflour, dissolved in water, and boiled 3 minutes. Garnish with boiled spaghetti.

# VEAL CAKES

<b>1½ lb. Lean Fillet or</b> <i>Shoulder Veal.</i>	<b>2 small Onions.</b>
<b>Pepper and Salt.</b>	<b>1 large Egg.</b>
<b>Parsley. Lemon Juice.</b>	<b>2 tablespoons Oil.</b>
	<b>2 tablespoons Flour.</b>

**For 4 or 5 persons.**—Put veal and onions through a mincer. Season to taste with salt, pepper and minced parsley, then bind with egg. Roll into balls the size of a walnut with floured hands, then press into ½-inch thick cakes. Dip in flour and fry in boiling fat, turning frequently, till crisp and brown, then sprinkle with lemon juice. Cover pan and cook slowly for 15 to 20 minutes. Serve with new potatoes and peas or French beans.

# STEWED KNUCKLE OF VEAL

<b>5 or 6 lb. Knuckle of Veal.</b>	<b>4 tablespoons Rice.</b>
<b>½ lb. Bacon. 6 Tomatoes.</b>	<b>2 small Onions.</b>
<b>Dripping. Stock.</b>	<b>½ lb. Mushrooms.</b>

**For 6 or 7 persons.**—Ask your butcher to cut the knuckle into pieces about 2 inches long. Melt 1 tablespoon dripping in a stewing pan. Add sliced onions and bacon cut in cubes. When onions are brown, remove them and the bacon and fry the veal in the fat till brown on each side. Pour boiling water over tomatoes, skin them, then add to veal with onion, bacon and a glass of white wine or stock. Season to taste and cover. Simmer 1 hour, then add washed and peeled mushrooms and cover, and simmer another hour. Serve with rice, boiled, drained, and moistened with melted butter and sprinkled with grated cheese.

**CALVES' BRAINS**

**TO PREPARE.** *For 2 or 3 persons*—Soak 1 hour in cold water containing the juice of  $\frac{1}{2}$  a lemon. Drain and parboil in salted water to cover and 1 tablespoon vinegar, for 10 minutes. Then drain and remove all skin and any clots of blood. You can finish them off in either of the following ways:

1. Cut into thick slices, dip in seasoned, beaten egg, then in breadcrumbs, and fry in a little smoking hot butter on both sides. Serve with cold sauce tartare, or garnished with fingers of lemon.

2. Only bring to the boil, then drain, slice, season to taste, and place in a fireproof dish containing 1 ounce butter melted till light brown. Sprinkle slices with crumbs and dab with butter. Bake 10 minutes. Serve sprinkled with parsley and garnished with slices of lemon.

**CALF'S HEAD WITH VINAIGRETTE SAUCE**

$\frac{1}{2}$  Head. 2 Carrots.

2 Onions. Salt.

1 clove Garlic.

2 dessertspoons Vinegar.

A sprig Parsley.

1 Shallot, if liked.

*For 6 or 7 persons*—Soak head in water for  $\frac{1}{2}$  an hour, changing water frequently. Drain and place in a stewpan with peeled onion, carrots, garlic, if liked, and shallot and a sprig of parsley. Add salt to taste. Cover with water and *simmer* 4 hours. Serve meat, cut up, on a hot dish, accompanied by a tureen of sauce vinaigrette. *To vary this recipe*, add  $\frac{1}{2}$  the tongue at the end of 2 hours, and  $\frac{1}{2}$  an hour before dish is required add a brain and finish cooking.

**FRIED CALF'S KIDNEY**

*For 4 persons*.—Skin, slice and fry kidney in a tablespoon of melted butter. Season to taste and when brown, squeeze over the juice of a lemon. Cover and *simmer* 10 minutes. Serve on a hot dish, sprinkled with minced parsley in a border of fried potatoes.

**FRIED CALF'S LIVER**

*For 4 persons*.—Season 1 pound sliced liver with salt and pepper to taste and sprinkle with flour. Melt 1 ounce butter in a frying pan. Brown liver on both sides, and cook 5 minutes. Remove and fry 3 minced onions. Return liver to re-heat and serve on a hot dish garnished with lemon slices.

## BAKED CALF'S LIVER

- |                             |  |
|-----------------------------|--|
| 1 <i>lb. Calf's Liver.</i>  | 2 <i>tablespoons Butter or Dripping.</i> |
| 2 <i>Onions. Seasoning.</i> | 2 <i>tablespoons Flour.</i>              |

*For 3 or 4 persons.*—Wash, drain, and trim liver. Sprinkle with salt, pepper, flour and paprika, if liked. Place in a casserole with sliced onions. Spread melted fat over the top of liver. Cover closely and cook in a hot oven for 15 minutes. Uncover, and bake very slowly for 1 hour or until tender and well browned. Serve on a hot dish garnished with slices of grilled bacon and sprigs of parsley.

## STEWED CALVES' TONGUES

- |                           |   |
|---------------------------|---|
| 2 <i>Calves' Tongues.</i> | 1 <i>Onion.</i>                         |
| 2 <i>teaspoons Salt.</i>  | 1 <i>tablespoon Grated Horseradish.</i> |
| 1 <i>Bay-leaf.</i>        | 6 <i>Peppercorns.</i>                   |

*For 4 to 6 persons.*—Place all ingredients except horseradish in a saucepan and cover with water. Simmer for 1 hour or till tender, then skin and halve lengthwise. Strain liquor, and add to it 2 teaspoons cornflour, dissolved in a little cold water, and horseradish, and cook till smooth. Serve tongues on a hot dish with sauce poured over, and accompanied by mashed potatoes.

## SWEETBREADS

*TO PREPARE.*—Wash and soak in cold water for 1 hour, then wash again and put in a saucepan. Cover with cold water, bring to the boil, skim, and finish cooking. (See below).

## RIS A LA POULETTE

*For 4 or 5 persons.*—Boil a pair of sweetbreads after skinning, for 30 minutes. Melt 1 ounce butter in a saucepan. Add 1 onion,  $\frac{1}{4}$  pound chopped mushrooms,  $\frac{1}{2}$  teaspoon minced parsley and salt and pepper. Place sweetbreads on top. Sprinkle with a tablespoon of flour, and add 1 cup water or stock. Cover and cook slowly till mushrooms and onion are tender. Serve with tomato sauce and garnished with croûtons of pastry.

## MUTTON

## BOILED LEG OF MUTTON

- |  |                         |
|--|-------------------------|
| 1 <i>Leg of Mutton.</i>                | 1 <i>handful Salt.</i>  |
| $\frac{1}{2}$ <i>pint Capar Sauce.</i> | 2 <i>small Turneps.</i> |
| $\frac{1}{2}$ <i>lb. Carrots.</i>      |                         |

Best from September to April.

**For 8 persons.**—Remove shank-bone, trim, wipe with a cloth wrung out of hot water, and place in a saucepan with enough boiling water to cover. The part of joint which should be upwards when dished *should be placed downwards in the saucepan*. Add salt, bring to boil, skim, cover, boil fast for 5 minutes, then simmer gently until mutton is tender. At the end of 1½ hours add scraped carrots and peeled turnips, cut into small portions. Remove scum as it gathers during the cooking. The exact time required for boiling depends on thickness and weight of the joint. When tender, drain well and serve on a hot dish garnished with cooked vegetables and accompanied by a dish of mashed potatoes and caper sauce. Make soup of the stock.

#### MUTTON BREAST, NECK AND SHOULDER

Boil, allowing 20 minutes to the pound, and 20 minutes over, and serve like leg of mutton.

#### LANCASHIRE HOT POT

2 lb. Best End Neck of Mutton.

3 Sheep's Kidneys.

2 lb. Potatoes.

12 Oysters.

½ pint Stock or Gravy.

1 oz. Butter.

1 Onion.

**For 6 persons.**—Divide meat into cutlets and trim. Put trimmings, short rib bones and onion into a stewpan and make into a gravy with cold water. Put a layer of potato in the bottom of a fireproof baking dish. Arrange cutlets, slightly overlapping, on top. Cover with sliced kidney and one or two oysters. Season well and repeat layers, ending with a layer of halved potatoes. Pour stock in down the side, dab with butter, then cover and bake from 2 to 3 hours in a moderate oven. Remove cover and brown before serving. The hot pot may require the addition of a little more gravy before serving in the dish in which it was cooked.

**NOTE.**—Oysters can be omitted and ½ lb. peeled mushrooms and 2 oz. ham used instead.

#### MUTTON CURRY

1 lb. Mutton.

2 large Onions.

½ teaspoon Allspice.

1 dessertspoon Dessicated

1 pint Stock.

Cocoanut.

1 oz. Dripping.

1 tablespoon Pure Malt Vinegar.

1 large teaspoon Curry Powder.

*For 4 persons.*—Brown meat in smoking hot dripping. Remove, and add peeled and sliced onions, and when clear but not browned, stir in curry powder, allspice and cocoanut. Stir for a moment or two. Add stock, vinegar and salt to taste. Return mutton to pan. Simmer slowly for 2 hours. Serve in a border of boiled or fried rice.

### HARICOT MUTTON

1½ lb. Neck of Mutton.	½ teaspoon Pepper.
1 Turnip. 1 oz. Flour.	1 teaspoon Salt.
1 o. Butter.	3 Carrots. 2 Onions.
½ pint Water.	1 tablespoon Mushroom Ketchup.

*For 4 to 6 persons.*—Wipe meat with a damp cloth. Cut into neat pieces and if there is too much fat remove some. Melt butter in a saucepan and, when melted, add meat and brown it, then remove to a plate. Fry onion, mix flour to a smooth paste with the cold water, and add pepper, salt and ketchup. Pour into saucepan and stir till boiling. Add meat and vegetables, and simmer 2 hours. Serve meat in a flat, hot dish arranged in a circle with vegetables in the centre and gravy round.

### IRISH STEW

2 lb. Neck of Mutton.	2 lb. parboiled Potatoes.
3 Onions	¾ pint Water
1 teaspoon Salt.	½ teaspoon Pepper

*For 4 or 5 persons.*—Trim fat from meat and cut meat in neat portions. Place a layer of meat in bottom of stewpan, cover with a layer of sliced potatoes, then with a layer of sliced onions. Sprinkle well with pepper and salt, and repeat layers, having potatoes on the top layer. Pour in water, cover closely, and simmer 1½ hours.

### CASSEROLE OF MUTTON

4 to 6 Mutton Cutlets.	2 cups Peas.
4 small Carrots	1 sprig Parsley.
2 medium Onions	Dressing Flour.

*For 4 persons.*—Wipe cutlets and dip in seasoned flour. Brown lightly in 1½ tablespoons hot dripping, then place in a casserole. Add roughly sliced carrots, sliced onions and parsley, and water barely to cover meat. Cover closely, and cook very slowly till meat is tender in about 2 hours, when add freshly boiled or tinned peas. Thicken with a little cornflour dissolved in gravy or stock. Serve with mashed potatoes.



### BRAISED SHOULDER CHOPS

<i>4 Chops.</i>	<i>1 cup Diced Carrot.</i>
<i><math>\frac{1}{2}</math> cup Diced Turnip.</i>	<i><math>\frac{1}{2}</math> cup Minced Onion.</i>
<i><math>\frac{1}{2}</math> cup Stock.</i>	<i><math>\frac{1}{2}</math> cup Sliced Celery</i>

*For 4 persons* Place chops in a hot frying pan and brown well on both sides. Sprinkle with pepper and salt. Arrange mixed vegetables, seasoned with salt and pepper, in casserole.

Place chops on top, add stock or water, cover closely, and braise till tender, about  $1\frac{1}{2}$  hours. Serve from casserole with mashed or new potatoes.

### GRILLED MUTTON CHOPS

*Allow 1 Chop per person.*—Loin chops, especially taken from the kidney end of loin, are best. Wipe chops, grill (see page 165) and serve with maître d'hôtel butter or one of the following:

#### LONDON BUTTER SAUCE

Mix 1 teaspoon melted butter with 1 teaspoon Worcester sauce or Yorkshire relish, 1 teaspoon lemon juice and salt, pepper and paprika to taste.

#### SWISS BUTTER

Mix 2 teaspoons grated onion with 2 teaspoons minced parsley, and 2 teaspoons butter. Season to taste with salt and paprika. Can be served also with steaks.

ACCOMPANIMENTS.—To grilled chops watercress and potato chips, mashed potatoes, or chestnut purée.

### HAGGIS

$\frac{1}{2}$  lb. Mutton Suet.

3 Onions.

Salt and Pepper.

1 lb. Oatmeal.

Stomach Bag of Sheep.

Sheep's Heart, Lights and Liver.

Wash the bag clean with cold water, then turn it inside out. Scald and scrape it with a knife. Steep bag in salted water till required. Parboil the heart, lights and liver, then grate liver and mince other parts with the suet finely. Parboil and chop onions. Toast oatmeal and add with onions to mixture. Season to taste with salt and pepper. Stuff bag with the mixture, taking care to leave room for the oatmeal to expand. Add a little of the water in which the onions were cooked (some cooks use only the onion water for flavouring). Sew up the bag, then prick it all over with a long needle to prevent bursting. Place on a plate in a saucepan with enough boiling water to cover. Cover and boil for 4 or 5 hours, keeping the haggis covered with water. After cooking the haggis can be hung in a dry place and then be boiled again when required, but only long enough to make piping hot. Serve with well-seasoned mashed potatoes enriched with milk and butter, and a wine glass of Scotch whisky.

## BRAISED SHEEP'S TONGUES

4 <i>Sheep's Tongues.</i>	1 stalk <i>Celery.</i>
6 <i>Peppercorns.</i>	1 oz. <i>Butter.</i>
1 sprig <i>Thyme.</i>	1 sprig <i>Parsley.</i>
1 <i>Rasher Bacon.</i>	1 <i>Onion.</i> ½ <i>Turnip.</i>
1 <i>Carrot.</i> ½ <i>Bay-leaf.</i>	½ pint <i>Stock.</i>

For 5 or 6 persons.—Soak tongues in salted water for 2 hours, then put them in a saucepan. Cover with cold water, bring to boil, drain and dry. Place sliced vegetables in the bottom of a stewpan, add 1 ounce butter and herbs, and peppercorns. Lay tongues on top and add stock, then sprinkle the chopped rasher of bacon on the top of tongues. Cover with buttered paper, then with a lid, and simmer very gently for 2½ hours, or till tender. Skin, cut in halves, lengthwise, brush with melted glaze and reheat in a buttered tin in the oven if wanted to serve braised. Serve on a bed of mashed potatoes or buttered spinach.

## GRILLED KIDNEYS

*Allow 1 kidney per person.* Grill (see page 165). Serve garnished watercress and potato straws with a pat of maitre d'hôtel or Swiss butter melting on each.

## DEVILLED KIDNEYS

2 <i>Sheep's Kidneys.</i>	1 oz. <i>Butter.</i>
1 teaspoon <i>Worcester Sauce.</i>	½ teaspoon <i>French Mustard.</i>
<i>Salt and Cayenne.</i>	½ teaspoon <i>Curry Powder.</i>

*Allow 1 kidney per person.*—Dip split (but not halved), skinned, cored kidneys in melted butter, then spread all over with the other ingredients mixed to a paste with butter. Melt 1 ounce butter in a frying pan and fry kidneys, first on the cut side, then turn and fry on the other side. Fry for about 4 minutes.

## LAMB

Best from May to July, but in season March to September. Use English, Scotch, Welsh or New Zealand lamb for any of the following recipes.

## BOILED LEG OF LAMB

Boil (see BOILED LEG OF MUTTON, page 183, for preparing, cooking and garnishing).

## STEWED BREAST OF LAMB

1 Breast of Lamb.  
1 oz. Flour. 1 Onion.  
1½ pints Green Peas.

1 oz. Butter. Stock.  
1 sprig Parsley.  
Pepper and Salt.

Skin the breast, remove some of the fat, and cut meat into neat pieces. Melt butter, fry sliced onion, dip meat in flour, seasoned with salt, pepper and minced parsley, and fry in the smoking-hot fat till brown. Pour over ½ a pint of stock, cover, and stew very gently for 30 minutes. Skim off fat, add peas, and stew till tender. Serve on a flat, hot dish, pouring gravy and peas over the meat.

To VARY. —After adding stock add 2 medium sliced carrots, 1 cup tinned tomato, 1 cup diced turnip, and cover and cook till vegetables are nearly tender, about 1 hour, then add 2 diced potatoes and a dash of cayenne and curry powder. Add savoury dumplings instead of potatoes, if liked.

## LAMB CHOPS MON BIJOU

6 Tender Lamb Chops.  
6 large Mushrooms.  
6 thin slices Grilled Ham.  
½ teaspoon Chopped Parsley.

1 tablespoon Olive Oil.  
1 tablespoon Butter.  
Juice ½ Lemon.  
Salt and Pepper.

For 6 persons. —Mix oil with ½ teaspoon salt and 2 saltspoons white pepper. Trim and roll chops in mixture. Peel and wash mushrooms. Melt butter in a frying pan, add mushrooms, and season with salt, white pepper, and garlic salt, if liked. Fry for 5 minutes on each side. Arrange grilled ham on a hot dish. Grill chops on each side and place one on each slice of ham. Put a mushroom on top. Add ½ an ounce butter to the frying pan, and when hot, stir in parsley and lemon juice, and pour over. Garnish with boiled buttered beans or peas and serve with new or mashed potatoes.

## STUFFED LAMB CHOPS

6 Lamb Chops.  
1 Egg Yolk.  
½ teaspoon Salt.

½ lb. Veal.  
1 dessertspoon Cream.  
Pepper.

For 6 persons. Remove fat and skin from the veal and put meat through a mincer with a fine knife, or chop and sieve. Stir in egg yolk, cream, and salt and pepper to taste. Mix well. Grill or fry the lamb chops on one side from 3 to 5 minutes. Cover cooked side with the forcemeat. Place in a well-buttered casserole, uncooked side down. Cover and bake in a moderate oven about 15 minutes or till tender.

Serve each chop on an oblong of buttered toast, arranged on a hot dish. Garnish with sliced, stuffed olives.

**ACCOMPANIMENTS.**—New, mashed or chipped potatoes, spinach, or buttered beans or peas.

### ROAST SADDLE

Wipe saddle with a damp cloth. Sprinkle with salt and pepper, and dust with flour. Place joint on a rack in an open pan and cook for 30 minutes in a hot oven—480 degrees Fahr.—Reduce heat to 300 degrees Fahr., and cook till tender, basting frequently. A small saddle takes  $1\frac{1}{2}$  hours, a large one from  $2\frac{1}{4}$  to 3 hours.

**TO SERVE EN FAMILLE.**—Drain off any fat and add water or stock to taste to essence of lamb remaining. Season with salt and pepper, and serve in a hot sauce boat.

**FOR A PARTY.** Serve with potatoes, parboiled, then stewed in butter, sauce Bearnaise, and green artichokes, boiled, then centre leaves removed, trimmed and filled with a macedoine of buttered vegetables.

### ROAST LEG OF LAMB

*For 8 persons.*—Prepare a 5-pound leg of lamb, cut if possible with some of the loin, like saddle. Then lay roast, skin side downwards, on the rack. Cover with strips of bacon. Bake, see SADDLE, but allow only 15 minutes to sear.

### ROAST SHOULDER OF LAMB

*For 8 or 9 persons.*—Have butcher remove all bones from a 4-pound shoulder of lamb, and save the bones for soup. Roll before roasting or stuff before rolling and roasting. Wipe meat all over with a damp cloth. Sprinkle inside with salt and pepper, and pack in hot stuffing lightly, if wanted stuffed, then roll up and tie with string or sew the edges together. Place on a rack in a baking tin. Cover with strips of bacon, if there is only a thin layer of fat on top of shoulder. Cook 20 minutes. See SADDLE.

### ROAST BREAST OF LAMB

Ask for breast including the foreshank, and see that butcher cracks the bones to help the carver. Wipe meat with a damp cloth, then remove foreshank, cut off the meat from it, and put it through the mincer. Cut a pocket in the breast near the ribs, dredge inside with salt and pepper,

stuff lightly with hot forcemeat, and sew up edges. Rub the outside with seasoned flour, then lay the stuffed breast, ribs down, on a rack in an open baking tin. No water required. Place joint in a hot oven about 480 degrees Fahr. and roast  $\frac{1}{2}$  an hour. If the meat is not fat enough to keep moist, lay a strip of bacon on top or baste twice during that time with melted fat. Reduce heat to 300 degrees Fahr. and cook till meat is tender, in from  $1\frac{1}{2}$  to  $1\frac{3}{4}$  hours. Serve with brown gravy.

#### FORESHANK STUFFING FOR BREAST

Melt 2 tablespoons butter in a saucepan. Add  $\frac{1}{4}$  cup chopped celery, and 1 tablespoon chopped onion and fry 3 minutes. Add the minced meat from foreshank and stir till slightly brown. Stir in 2 cups fine breadcrumbs, 1 teaspoon minced parsley, 1 teaspoon salt, pepper and paprika to taste, and a dash of crushed herbs. If there is too much for the pocket, bake some in a separate dish with strips of bacon on top.

#### MINT STUFFING FOR SHOULDER OR BONED LOIN

Melt 2 tablespoons butter in a saucepan. Stir in  $1\frac{1}{2}$  tablespoons chopped onion and 3 tablespoons chopped celery. Fry 2 minutes. Stir in  $\frac{1}{4}$  cup minced mint leaves,  $\frac{3}{4}$  teaspoon salt, pepper and paprika to taste. Turn on to a dish. Melt 2 more tablespoons of butter and stir in 2 cups crumbs. When the crumbs have absorbed the butter, stir all ingredients together. Use.  $1\frac{1}{2}$  cups watercress can be substituted for the mint, but all liquid that comes from it should be allowed to evaporate before adding crumbs.

### ROAST LOIN OF LAMB

Follow method for SADDLE.

#### ACCOMPANIMENTS FOR ROAST LAMB

**VEGETABLES** — Asparagus, cauliflower, peas, onions, spinach, French beans, turnips.

**SALADS**. Lettuce, with a sharp dressing, cucumber and lettuce, endive and watercress.

**RELISHES**. — Currant jelly, horseradish sauce, mint jelly, mint sauce.

### CASSEROLE OF LAMB

$1\frac{1}{2}$ lb. Lamb.	$\frac{1}{2}$ cup Diced Turnips.
$\frac{1}{2}$ cup Diced Onions.	$\frac{1}{2}$ cup Diced Carrots.
3 cups Hot Water.	1 cup strained Tomato Purée.
1 tablespoon Dripping.	Seasoning. Tinned Peas.
$\frac{1}{2}$ teaspoon Mixed Herbs.	

*For 6 persons.*—Trim fat from lamb, then chop meat into inch lengths. Melt a tablespoon of dripping in a saucepan and when smoking hot fry lamb till brown, then transfer to a buttered casserole. Add all other ingredients and salt, pepper, paprika and celery salt to taste. Cover, and cook in a moderate oven for 2 hours. Before serving, stir in half a cup drained tinned peas.

### MEDALLIONS OF LAMB

*For 6 persons.*—Flatten and neatly trim 6 medallions of lamb, cut from a tender leg. Dredge both sides with salt and pepper. Melt  $1\frac{1}{2}$  tablespoons butter in a frying pan, and when smoking hot add medallions, and cook gently for 5 minutes on each side, after browning. Fry six croûtes of bread, cut the same size as the meat and  $\frac{1}{2}$  inch thick, in butter in another saucepan till crisp and golden. Arrange on a hot dish, place medallions on top and pile up buttered peas or French beans in the centre. Garnish with watercress or parsley.

## PORK

### FRIED PORK CHOPS

2 Pork Chops.

1 large Onion.

2 Apples.

8 lumps Sugar.

1 tablespoon Sherry.

*For 2 persons.*—Slice apple, chop onion, and stew both slowly in a covered pan with the sherry for 1 hour. Fry chops, without fat, after trimming them neatly. Serve each on a bed of apple sauce. Grilled chops can be served in the same way.

### BAKED PORK CHOPS

5 Loin Chops.

6 medium Onions.

5 medium Apples.

4 medium Potatoes.

$1\frac{1}{2}$  cups Boiling Stock or Water.

*For 5 persons.*—Grease a fireproof dish. Place peeled, halved onions in the bottom. Sprinkle with salt and pepper. Core and cut apples into 5 rings. Trim the chops like mutton cutlets, and push the end of each chop into 5 rings of apple. Arrange on top of onions, sprinkle lightly with flour. Peel and slice potatoes, and pile in between the chops. Sprinkle with salt, pepper and paprika, then pour in the boiling water or stock. Cover and bake till tender, in about an hour. Remove cover and brown before serving.

## PAN-GRILLED PORK

*Allow 1 chop per person.*—Wipe chops with a damp cloth. Rub lightly with seasoned flour and place in a heavy hot frying pan, fat edge down. Fat will melt and grease the pan. When the fat is brown, brown chops lightly on both sides, then drain off fat, cover closely and cook over a moderate heat till tender, turning occasionally.  $\frac{1}{2}$ -inch thick chops need about 20 minutes to cook after browning. As pork shrinks a good deal while cooking, it is better to have inch-thick chops, but they will take nearly  $\frac{1}{2}$  an hour to finish cooking.

## ROAST LEG OF PORK

Choose a young leg and neatly remove the skin with a sharp knife, or score it across in narrow strips,  $\frac{1}{4}$  of an inch apart. On the Continent pork is usually skinned. Sprinkle with pepper and salt. Place on a rack in a baking tin without any fat. When brown all over, drain off some of the fat from the pan and pour in 4 tablespoons of boiling water or stock. Baste every 10 minutes till joint is cooked, allowing 25 minutes to the pound and 25 minutes over.

## ROAST LOIN

See that butcher cracks the bones of the loin to help carver. Wipe meat with a damp cloth, then dredge with flour seasoned with salt and pepper. Place loin, fat side upwards, on a rack in a baking tin. Sear quickly till lightly browned in a hot oven at 480 degrees Fahr then cook in reduced heat 325 degrees—till meat is tender. At these temperatures a 5-pound loin will take about 2 $\frac{1}{2}$  hours.

## ROASTED STUFFED SPARE RIBS

2 sets of Spare Ribs.	$\frac{1}{2}$ cup Diced Salt Pork.
$\frac{1}{2}$ cup Minced Celery.	$\frac{1}{2}$ cup Minced Onion.
$\frac{1}{2}$ cup Brown Sugar.	1 tablespoon Chopped Parsley.
5 Cooking Apples.	$\frac{1}{2}$ teaspoon Salt.
1 cup Breadcrumbs.	Pepper, Paprika, Flour.

See that butcher cracks the breast bones to help the carver. The sets of ribs should be the same size. Fry the salt pork till crisp, then remove the pieces and fry the onion, celery and parsley in the fat for a few minutes, then remove them. Place the apples in the fat. Sprinkle in the sugar. Cover and cook till tender, then take off the cover, and cook till all the juice evaporates and apple is candied. Mix in the 1 cup crumbs, salt pork, cooked vegetables, and



seasonings to taste. Flatten out one set of ribs, sprinkle with salt and pepper, and spread with the hot stuffing. Lay other set on top and sew sets together. Rub all over with seasoned flour, place on a rack in an open baking tin and brown quickly—480 degrees Fahr. Reduce heat quickly to 310 or 325 degrees Fahr., and cook for about an hour, or till tender. Remove thread before serving on a hot dish. Garnish with fried apple rings or with fried pineapple rings.

### ROAST SHOULDER OF PORK

Choose a medium lean shoulder and ask butcher to trim and bone it. Wipe with a damp cloth, then place shoulder, meat side up, on a board and make a few gashes in the thick meat to provide pockets for some stuffing. Sprinkle meat with salt and pepper. Pack in some hot stuffing, then start to sew edges of shoulder together to form a pocket, and fill pocket lightly with the remainder of stuffing, then sew up. Rub shoulder with seasoned flour. Roast, see SPARE RIBS. A 4-pound shoulder will need about 3½ hours if you follow the temperatures suggested for spare ribs.

#### STUFFING

Melt 2 tablespoons butter in a saucepan. Stir in 1 tablespoon chopped onion, 2 teaspoons chopped parsley, 1 teaspoon chopped chives, and ¼ cup chopped celery, if liked. Add 2 cups breadcrumbs, salt, pepper, paprika and garlic salt to taste. Use when well mixed.

#### TO DISH UP PORK

Place joints such as shoulder or leg on a hot dish with knuckle bone to the left and the thickest part upwards.

ACCOMPANIMENTS.—Boiled, steamed or rice potatoes, apple sauce and chestnut puree, corn fritters or pancakes.

### CROWN ROAST OF PORK

12 Ribs of Pork.	2 cups Breadcrumbs.
2 oz. Peeled Mushrooms.	1 teaspoon Minced Parsley.
1 oz. Butter. 2 Onions.	½ teaspoon Crushed Herbs.
Pepper, Salt, Paprika.	

Ask your butcher to give you 6 pork ribs from each side of the loin and to trim them so that they are all of an equal length, but not separate. Curve each set of ribs and place the ends of the sets together to form a circle, but with the bones of the ribs to the outside, and tie in position with two pieces of string. Mix the breadcrumbs, chopped onions,

1



1 - The ingredients should first be collected - the sausages and the flour, milk, eggs and seasoning for the butter

2 - Sift the flour and salt into a basin, and make a hollow in the centre for the eggs

2



3 - Break the eggs into the basin, one at a time, and stir well with a wooden spoon

4 - Gradually stir in half the milk





5—When the batter is smooth, beat for 15 minutes, then stir in the remainder of the milk.

6—Skin the sausages and halve each lengthwise.



7—Pour the batter over the sausages, in a buttered pie-dish.

8—Sausage Toad-in-the-Hole ready to serve.



parsley, herbs, melted butter and seasoning to taste, and moisten with water or milk. Place the "crown" roast in a baking tin, and fill with the stuffing. Cover with buttered paper or fat bacon. Place 2 tablespoons of dripping in a baking tin, then bake roast in a hot oven till meat is well browned, when lower and continue baking till well cooked, allowing  $\frac{1}{2}$  an hour to each  $\frac{1}{2}$  pound. Baste frequently while cooking.

### TOAD IN THE HOLE

- |  |                                     |  |                                 |
|--|-------------------------------------|--|---------------------------------|
| 6 oz. <i>Flour.</i>                          | $\frac{1}{4}$ <i>teaspoon Salt.</i> | 1 <i>Egg.</i>                                | $\frac{1}{2}$ <i>pint Milk.</i> |
| 10 oz. <i>Pork Sausages.</i>                 |                                     | $\frac{1}{2}$ <i>teaspoon Crushed Herbs.</i> |                                 |
| $\frac{1}{2}$ <i>teaspoon Baking Powder.</i> |                                     | 1 <i>teaspoon Chopped Parsley.</i>           |                                 |

*For 4 persons.*—Sift flour with baking powder into basin, add seasoning. Break eggs into hollow in centre, stir well with wooden spoon. Gradually stir in half milk. Beat for 15 minutes, then add remaining milk. Skin sausages, half lengthwise, place in buttered pie-dish. Pour batter over and bake in hot oven for 20 to 30 minutes.

### STUFFED RIB CHOPS

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 6 <i>Rib Pork Chops.</i>            | 1 <i>tablespoon Butter.</i>       |
| 2 <i>teaspoons Minced Parsley.</i>  | 1 <i>tablespoon Minced Onion.</i> |
| $\frac{1}{2}$ <i>teaspoon Salt.</i> | 1 <i>cup Breadcrumbs.</i>         |
| <i>Pepper.</i>                      | 3 <i>Cooking Apples.</i>          |
| <i>Crushed Herbs.</i>               | <i>Celery Salt. Paprika.</i>      |

*Allow 1 chop per person.*—Cut a gash through the fat at the edge of each chop to give you a pocket. Rub chops and inside pocket lightly with flour, seasoned with pepper, salt, celery salt, paprika and crushed herbs to taste. A dash of garlic salt can be added, if liked. Melt the butter in a saucepan, add onion and parsley, and  $\frac{1}{2}$  cup minced celery, if liked. Cook for 2 or 3 minutes, then add crumbs, and season to taste. Brown the chops in a heavy, hot saucepan (see PAN-GRILLED PORK CHOPS), then fill each chop with stuffing and fasten the edges together with toothpicks. Place on a rack in baking dish or tin with a cover, and lay  $\frac{1}{2}$  an apple cored, but not peeled, on each. Cover closely. Bake in a moderate oven 350 to 375 degrees Fahr.—for about  $\frac{3}{4}$  of an hour. Serve on a hot dish after removing toothpicks. Garnish with parsley.

### FAGGOTS

- |  |   |
|--|---|
| 1 lb. <i>Pig's Fry including Caul.</i> | $\frac{1}{2}$ <i>teaspoon Dried Crushed Sage.</i> |
| $\frac{1}{2}$ <i>teaspoon Salt.</i>    | 3 <i>Medium Onions.</i>                           |
| 3 oz. <i>Breadcrumbs.</i>              | $\frac{1}{2}$ <i>teaspoon Crushed Herbs.</i>      |

*For 5 or 6 persons.*—Soak the caul in salted water. Wash the fry and peel the onions, then turn both into a saucepan with just enough water to cover. Simmer  $\frac{3}{4}$  hour. Remove from fire and drain off liquid. Pour a little on the crumbs. Keep the remainder for making the gravy. Chop the fry. Add minced onion, seasonings and crumbs. Mix well. If too dry, add enough liquid to bind mixture. Cut caul into 4-inch squares. Put 2 tablespoons of mixture on each, then fold caul round to form balls. Place in a greased baking tin and brown quickly in a hot oven. If mixture is reheated just before making into balls it can be browned under the grill. Serve with thick brown gravy poured round faggots.

### CHINESE CHOP SUEY

6 Pork Chops.	1 Egg.
1 large Onion.	2 teaspoons Melted Butter.
1 stalk Celery.	4 cups Rice.
2 tablespoons Soy Sauce.	

*For 4 to 6 persons.*—Remove and cut meat in dice. When butter is smoking hot, fry meat for 5 minutes with sliced onion and sliced celery. Add beaten egg and stir for a few moments, then stir in sauce and serve chop suey in a hot dish, accompanied by a separate dish of boiled rice, cooked in the Chinese fashion. Wash rice and place in a large enamelled saucepan. Cover with cold water to depth of  $1\frac{1}{2}$  inches. Bring rice quickly to the boil and when it boils up and over, lower gas, or remove pan to the side of the stove and simmer for about 15 minutes. Do not stir.

### STEWED PORK AND CABBAGE

1½ lb. Lean Pork.	2 tablespoons Butter.
4 tablespoons Minced Onion.	1½ cups Chopped Celery.
1½ teaspoons Salt.	2 quarts Diced Cabbage.
Pepper and Paprika.	1 pint Water or Stock.

*For 4 or 5 persons.*—Melt butter in a saucepan, add pork, cut into small pieces, and brown. Add chopped onion, celery and cabbage, and brown for 5 minutes. Pour over 1 pint water or stock, cover, and simmer 15 minutes. Season with salt, pepper and paprika to taste. Serve with boiled or steamed potatoes.

### SAUSAGE CAKES AND PINEAPPLE

½ lb. Pork Sausage Meat.	4 slices Tinned Pineapples.
4 slices of Fried Bread, if liked.	

*For 4 persons.*—Divide sausage meat into 4 portions. Shape each into round, flat cakes about  $\frac{1}{2}$  an inch thick, with floured hands. Fry till brown and crisp on both sides in a frying pan. Drain, and keep warm, while you fry the pineapple in the sausage fat. Serve cakes on pineapple and place, if liked, on slices of fried bread. Good breakfast or supper dish.

## HAM

If you want to be ready to provide a substantial meat course at a moment's notice, have part of a baked or boiled ham in your larder. Sometimes I buy a ham of about 10 pounds in weight and either boil it, skin it and dress it with toasted breadcrumbs, or glaze it the day after it is cooked.

Before glazing, cut off the rough pieces from the under-side, if there should be any, then paint a glaze evenly over the surface of the ham. When it is set, apply a second coat and when that is set, place the ham on a dish, put on its frill and decorate it, if liked, with slightly creamed butter and a forcing pipe. If you haven't time to prepare proper glaze, use bought glaze.

Given a large piece of ham in the larder, one is never at a loss when sandwiches are wanted. Sometimes I make mine with sliced or minced ham, sprinkled with finely grated horseradish and sliced gherkin, or covered with thin slices of tomato spread with mayonnaise. Chopped ham, mixed with mayonnaise and chopped hard-boiled egg, or with shredded lettuce and mayonnaise, also makes a savoury sandwich filling. Sometimes I use chopped ham and mustard, as well as a little watercress, with buttered brown bread, and when I have any left-over chicken I usually add it to the filling.

## BAKED HAM

1 small Ham.  
Cloves.

1 clove Garlic.  
Brown Sugar.

Soak smoked ham in cold water overnight. Scrub, place in saucepan. Cover with fresh cold water. Bring to boiling point. Cook 2 or 3 hours till tender. Carefully remove skin. Place on a trivet in a roasting pan. Rub with cut clove of garlic. Spread  $\frac{1}{2}$  an inch thick with brown sugar. Stick fat all over with cloves, 1 inch apart. Put a cup of red wine in the bottom of pan. Roast 45 minutes. Baste frequently.

Cover with another layer of sugar. Reduce heat, and roast very slowly for  $\frac{1}{4}$  of an hour without basting.

ACCOMPANIMENTS.—Boiled, stewed, or riced potatoes, corn pancakes or fritters, and fried apple slices.

### HAM BOILED IN CIDER

1 Knuckle Ham.	6 Cloves.
Cider.	3 Whole Peppers.
Clove of Garlic.	1 Bay-leaf.

For 7 or 8 persons.—Put ham in a saucepan with enough cider to cover it. Add cloves, peppers, bay-leaf and clove of garlic. Cover and cook slowly for 2 hours or until tender. Serve hot or cold. If to be served cold, allow to cool in boiling liquid. Garnish with parsley.

### CASSEROLE OF HAM

$\frac{1}{2}$ lb. Ham.	$\frac{1}{2}$ lb. Spaghetti.
2 large Onions.	4 medium Potatoes. Milk.
Pepper, Salt.	2 tablespoons Grated Cheese.

For 3 or 4 persons.—Place spaghetti in a saucepan of boiling salted water, and boil till tender. Drain well. Place a thick slice of ham in a casserole. Cover with a layer of cooked spaghetti, then with sliced onions. Sprinkle with pepper and a little salt. Cover with peeled, thinly sliced potatoes. Repeat layers. Sprinkle with grated cheese. Just cover with milk. Cover casserole and bake very, very slowly for 3 hours.

### HAM AND POTATO SCALLOP

1 slice Raw Ham. $\frac{1}{2}$ inch thick.	2 cups Sliced Potatoes.
$1\frac{1}{2}$ cups Milk.	2 teaspoons Minced Onion.

For 3 or 4 persons.—If ham is salt, soak in warm water for  $\frac{1}{2}$  an hour, then drain, dry and brown on both sides in a frying pan. Place in a deep, fireproof baking dish. Cover with sliced potatoes. Pour over the milk, and cover. Bake in a slow oven for 1 hour, then uncover and bake another  $\frac{1}{2}$  an hour.

### HAM AND APPLE SCALLOP

1 2-lb. Slice of Gammon.	6 medium Cooking Apples.
$\frac{1}{2}$ cup Water or Cider.	$\frac{1}{2}$ teaspoon Cloves.
$\frac{1}{4}$ cup Brown Sugar.	

For 8 persons.—Wash, and trim a little of the fat from ham. Rub in as much of the sugar as it will take. Place in a fireproof dish. Sprinkle with cloves. Cover with pared apples, each cut into eight pieces, and arrange remainder

round ham. Sprinkle with remainder of sugar. Gently pour in water or cider, so as not to disturb apple. Cover and bake  $\frac{3}{4}$  of an hour till ham is tender, but remove cover for the last  $\frac{1}{4}$  of an hour of cooking.

### FRIED HAM WITH CRUSHED PINEAPPLE

$1\frac{1}{2}$  lb. Gammon. | 2 cups Crushed Pineapple.

*For 5 or 6 persons.*—Cut the gammon  $\frac{1}{4}$  of an inch thick. Place in a hot frying pan. Brown lightly on both sides, then remove to a fireproof dish. Spread with drained pineapple, and pour juice round. Cover, bake in a moderate oven until ham is tender, but uncover for the last 30 minutes of cooking. Should take from 1 to  $1\frac{1}{2}$  hours to bake. Serve with creamed corn or new potatoes.

## ENTRÉES

No matter what the entrée, it should be well made and artistically garnished. Entrées are usually passed round, and should be dished so that they can be easily served. You can have your entrée hot or cold, light or heavy, depending on the weather or on what is to follow it. As I said before, a light entrée can precede boiled, braised, or roasted meat, or a heavy entrée of meat, poultry or game can be the one meat dish in the menu.

**LIGHT ENTRÉES.**—Croquettes, fritters, patties, rissoles, soufflés, vol-au-vents.

**HEAVY ENTRÉES.**—Cutlets, filets, navarins, sweetbreads, noisettes of mutton, ragoûts, salmis, jugged hare, etc.

I am not making a separate section for entrées. You can find entrées under almost any section that includes meat of any kind.

## LEFT-OVER MEAT DISHES

When using up cold meat, try to avoid cooking meat as much as possible. Better to prepare the sauce and only re-heat meat in it. If more cooks made a point of doing this we would not be so familiar with the housewife's complaint that "He refuses to eat made-up dishes."

### COTTAGE PIE

$1$ lb. Cooked Meat.	$\frac{1}{2}$ pint Gravy or Stock.
$1$ oz. Butter or Margarine.	$2$ small Onions.
Pepper, Salt and Paprika.	Mashed Potatoes.



*For 4 persons.*—Remove any fat, gristle and skin from the meat, then put it through the mincer. Season well with pepper, salt and paprika, if liked. Melt butter or margarine in a saucepan. Add minced onion and brown, then gradually stir in the stock. Stir till boiling. Simmer 10 minutes. Stir in meat, then turn mixture into a greased pie-dish, and cover with mashed potatoes, piled high in the middle of dish. Decorate with the prongs of a fork. Bake in a moderate oven for about 30 minutes, until potatoes are browned. Serve hot in pie-dish.

### JINGARING MEAT

<i>Cold Beef, Lamb, Pork or</i>	<i>1 gill Cold Water.</i>
<i>Veal, 1½ lb.</i>	<i>1 teaspoon Salt.</i>
<i>1 tablespoon Gelatine.</i>	<i>½ cup Vinegar.</i>
<i>1 cup Boiling Water.</i>	<i>2 tablespoons Lemon Juice.</i>
<i>½ cup Castor Sugar.</i>	<i>½ cup finely-shredded Cabbage.</i>
<i>1 cup Celery.</i>	<i>1½ Tinned Pimentos.</i>

*For 6 persons.*—Soak gelatine in cold water. Dissolve, when soft, in hot water. Stir in sugar, vinegar, lemon juice and salt, then strain and cool. When beginning to set, add chopped celery, cabbage and minced pimento. Place in a wet mould. Turn out when set in a cold dish. Place a bed of lettuce round jelly and arrange on top overlapping slices of the meat. Decorate with strips of pimento or tomato.

### CURRIED RISsoles

<i>6 oz. Cooked Chopped Meat.</i>	<i>1 teaspoon Curry Powder.</i>
<i>4 tablespoons Boiled Rice.</i>	<i>1 teaspoon Chutney.</i>
<i>Egg and Breadcrumbs.</i>	<i>Salt and Pepper. Stock.</i>

*For 3 or 4 persons.*—Place the meat, rice, and seasonings in a basin. Stir in enough stock to moisten. Shape into balls with lightly floured hands. Egg and crumb. Fry in smoking-hot fat till crisp and light brown. Drain well. Serve on a hot dish lined with a lace paper d'oyley.

### MEAT PATTIES

<i>6 oz. Flaky Pastry.</i>	<i>6 oz. Cooked and Chopped Meat.</i>
<i>1 Egg. Seasoning.</i>	<i>1½ oz. Breadcrumbs. Stock.</i>

*For 4 or 5 persons.*—Mix the meat, crumbs and pepper, salt and paprika to taste, in a basin. Stir in enough stock to moisten. Roll pastry out thinly on a lightly floured board. Cut into rounds. Put a spoonful of meat mixture in the centre of each round. Brush edges with cold water and

fold the pastry over. Brush top with beaten egg. Sprinkle, if liked, with vermicelli. Bake in a quick oven for about 20 minutes.

### MEAT SHAPE

**6 oz. Cooked and Chopped Meat.**  
**1 cup Hot Stock or Gravy.**  
**1 Egg.**

**3 oz. Grated Breadcrumbs.**  
**1 teaspoon Minced Parsley.**  
**Tomato Catsup.**

*For 3 or 4 persons.*—Mix crumbs, meat and seasonings in a basin. Add the hot stock, and stir well, then add the beaten egg. Grease a plain mould well, then sprinkle it with browned breadcrumbs, and gently pour the mixture in. Cover with buttered paper. Steam 1 hour. Turn out and mask with brown or tomato sauce.

### MEAT TOASTS

**2 cups Cold Diced Lamb or Veal.**  
**1½ cups Stock.**  
**1 tablespoon Tomato Catsup or**  
**Yorkshire Relish.**

**2 tablespoons Butter or Margarine.**  
**½ teaspoon Salt.**  
**2 hard-boiled Eggs.**  
**1 teaspoon Dry Mustard.**

**2 tablespoons Flour.**

*For 4 persons.*—Trim any fat from cold meat. Melt butter or margarine in a saucepan. Stir in mustard, flour and salt, and when well mixed stir in the stock and catsup or relish. Bring to the boil. Cook 5 minutes. Stir in meat and sieved egg yolks. Heat, then stir in chopped egg whites, and serve on toast, or surrounded by a border of boiled rice or mashed potatoes.

### CHICKEN, RABBIT, MUTTON OR VEAL CURRY

**1 lb. Cooked Meat.**  
**1 heaped teaspoon Curry Powder.**  
**1 oz. Butter. 1 Onion.**  
**½ pint White Stock. Sugar.**  
**1 tablespoon Cream. Lemon.**

**2 Tomatoes. 1 Apple.**  
**1½ dessertspoons Rice Flour.**  
**1 dessertspoon Desiccated**  
**Cocoanut.**  
**1 teaspoon Chutney. Salt.**

*For 4 persons.*—Melt butter in a saucepan. Add apple, curry powder, onion, and sliced tomatoes. Add chutney, cocoanut, and rice flour to the stock, then stir in to the other ingredients. Stir till boiling, then simmer for 20 minutes. Rub all through a wire sieve, return to a saucepan. Add cream, salt to taste, and a lump of sugar. Place meat, cut into 1 inch squares, in the sauce. Draw pan to the side of the fire and when meat is hot, stir in ½ teaspoon lemon juice, and serve surrounded with boiled rice.

## MEAT HASH

- |   |  |
|---|--|
| 1 <i>lb. Cold Cooked Meat.</i>                | 2 <i>Scraped Carrots.</i>              |
| 2 <i>Peeled Onions.</i>                       | $\frac{1}{2}$ <i>oz. Butter.</i>       |
| 2 <i>Sliced Raw Potatoes.</i>                 | 1 <i>clove Garlic.</i>                 |
| $\frac{1}{2}$ <i>teaspoon Minced Parsley.</i> | 1 <i>teaspoon Salt.</i>                |
| 1 <i>saltspoon Grated Nutmeg.</i>             | $\frac{1}{2}$ <i>teaspoon Paprika.</i> |
| 1 <i>pint White Stock.</i>                    | 3 <i>peeled Tomatoes.</i>              |
|   | 2 <i>peeled Mushrooms.</i>             |

*For 4 persons.*—Melt butter in a saucepan. Add sliced carrots and onions, and cook for 10 minutes, stirring occasionally. Add sliced potatoes and fry 5 minutes, then stir in crushed garlic, parsley, salt, paprika, nutmeg, sliced tomatoes, stock and chopped mushrooms. Stir for a few moments, then turn into a casserole. Cover and cook very slowly for about 1 hour, then add meat, cut in  $\frac{1}{2}$ -inch squares, and serve when piping hot.

## MUTTON AND MACARONI PIE

- |   |   |
|---|---|
| $\frac{1}{2}$ <i>lb. Cooked Mutton.</i>         | $\frac{1}{2}$ <i>lb. Cooked Macaroni.</i> |
| $\frac{1}{2}$ <i>pint Gravy or Brown Sauce.</i> | 2 <i>tablespoons Breadcrumbs.</i>         |

*For 2 or 3 persons.*—Place alternate layers of mutton, macaroni and well-seasoned gravy or sauce in a buttered pie-dish. Sprinkle the top with breadcrumbs, dab with butter, and bake in a moderate oven for about  $\frac{1}{2}$  an hour. 1 tablespoon chopped capers can be sprinkled over the mutton, if liked.

## DEVILLED HAM

- |   |  |
|---|--|
| <i>Cold Boiled Ham.</i>                   | $\frac{1}{2}$ <i>teaspoon Worcester Sauce.</i> |
| $\frac{1}{2}$ <i>glass Currant Jelly.</i> | $\frac{1}{4}$ <i>teaspoon Paprika.</i>         |
| 4 <i>tablespoons Water.</i>               | 3 <i>tablespoons Vinegar.</i>                  |

Cut the ham into very thin slices and place it in the top of a double boiler. Add jelly, vinegar, water, Worcester sauce and paprika. Heat till piping hot, then serve with mashed potatoes.

## SCOTCH HAM LOAF

- |  |   |
|--|---|
| 1 $\frac{1}{2}$ <i>cups Finely-chopped Cooked Ham.</i> | 2 <i>Grated Onions.</i>                           |
| $\frac{1}{2}$ <i>cup Breadcrumbs.</i>                  | 1 <i>cup White Sauce.</i>                         |
| 1 <i>teaspoon Paprika.</i>                             | 1 <i>tablespoon Worcester Sauce.</i>              |
|  | 1 $\frac{1}{2}$ <i>cups Cold, Cooked Oatmeal.</i> |

*For 6 persons.*—Mix together the finely chopped ham, oatmeal and grated onions. Add paprika, breadcrumbs, white sauce, and Worcester sauce. Mix all well together, then pour into a well-greased loaf-shaped pan. Place in a saucepan containing warm water. Bake 40 minutes in a moderate oven, then serve hot with tomato sauce.

## FOR THE COLD BUFFET

All cold cuts should be tastefully decorated with sprigs of crisp parsley or with crisp lettuce or curly endive leaves and fingers of tomato, or criss-cross strips of pimento. Devilled or curried eggs, each decorated on top with a slice of stuffed olive, make a festive garnish to cold boiled ham, glazed tongue, veal and ham pie, rabbit or game pie, if arranged on a bed of cress. Cold meats can be arranged in overlapping slices round the silver entrée dish, with a Russian or green pea salad in the centre and small tomatoes round. Cold chicken can be accompanied by tongue mayonnaise. Cold ham can be accompanied by egg mayonnaise. Cold boiled salt beef or brawn can be accompanied by Russian or potato salad.

Individual cold service dishes could include ham jellies, cutlets set in aspic, potatoes stuffed with a meat mayonnaise, a selection of cold sausages, arranged in overlapping slices, half a game bird or a petit poussin, decorated with watercress and accompanied by chilled mayonnaise.

### RULES FOR COLD MEAT COOKERY

1. Always remove any parts of meat browned in first cooking.
2. Do not spare stock when making any sauce required.
3. Do not stint in any butter and cream needed
4. Mustard flavouring goes well with beef, ham and pork, lemon rind with veal, and black pepper and red currant jelly with mutton.

When making croquettes or rissoles, flavour with the remains of any sauce that was served with them, and if sauce is short, make it up with stock, or boiling water flavoured with dissolved meat extract and seasoned. A little minced ham or bacon often improves a made-up dish.

### LIST OF TITIVATORS FOR COLD MEATS

Anchovies, gherkins, plain and stuffed olives, pimentoes, dry mint and parsley, celery, garlic and onion salt, paprika, red currant jelly, essence of beef or meat extract, chicken bouillon cubes, grated Parmesan, bottled or tinned peas, bottles of champignons, dried breadcrumbs, stored in a tin, Chilli, tarragon and wine vinegar, chutney and curry powder and rice.

**TO MAKE A CHICKEN GALANTINE**

Choose a young fowl with short spurs and yielding breast-bone. Begin boning of fowl by cutting skin across the neck on a level with top ends of wings. Slit neck down towards head, leaving behind as much skin as possible. Remove neck. Remove crop and wish-bone, by first scraping flesh away from bone, then slipping knife under tips where it joins wing bone and disjoints.

**TO DISJOINT WISH-BONE.**—Holding wing in left hand, disjoint at first joint. Scrape flesh back towards second joint, and remove large bone—one nearest breast—then loosen all flesh round back, keeping knife close to back and holding trunk in left hand, with first and second fingers of right hand, force flesh from bird. When you come to drumstick, slit flesh from tip of joint, draw flesh down as far as it will go, then remove bone. Do not leave any splinters.

**TO FINISH BONING.**—Holding meat of drumstick firmly in left hand, cut meat from thigh bone, leaving bone on carcase, then, holding the back of the skin in the left hand, with right carefully scrape meat from carcase, cutting in the act 2 sinews in the middle of back, which it is easy to do if you slip knife underneath sinews with point towards neck. Now gently ease off remainder of flesh by knocking with back of knife, and with the right hand on carcase, gently ease skin with left, cutting off any pieces of flesh that hold. Lastly, cut bone just above parson's nose and remove fillet from each breast.

**TO STUFF.**—Mix together in a basin 1 pound pork sausage meat,  $\frac{1}{4}$  pound ham or tongue, cut into small squares,  $1\frac{1}{2}$  pints second white stock, made from chicken or veal bones will do, 1 teaspoon chopped parsley, grated rind of  $\frac{1}{2}$  a lemon, 2 ounces breadcrumbs, pinch mixed herbs, pepper and salt to taste, and 1 beaten egg. Divide in two portions. Flatten one portion and with fowl turned breast down on pastry board, place first portion inside breast. Arrange 2 hard-boiled eggs, cut in quarters, and the two breast fillets of bird on top of stuffing, then cover with second portion. Gently mould the fowl into shape with the hands and truss as for roasting, after sewing openings with trussing needle.

**TO TRUSS FOR ROASTING.**—Turn points of wings in towards breast, then, holding two legs, push trussing needle right through under joints of legs, turn fowl over, pass needle right through the two wing joints on either side, and tie

two ends of string together. Lastly tie legs and end of fowl together.

**To Cook.**—Roll fowl in a scalded pudding cloth and simmer in stock till tender. Take up, unroll, and let out steam and roll up again in a dry cloth. Press slightly. Decorate.

**To Decorate.**—Sometimes I decorate it with chaudfroid sauce, and garnish it round with chopped aspic jelly. I often serve it with the following salad :

**To MAKE TOMATO JELLY SALAD.**—Soak 2 tablespoons granulated gelatine in  $\frac{1}{2}$  a cup cold water till soft. Cook 1 tin tomatoes and 6 peppercorns, 1 teaspoon sugar, 1 slice onion, 2 pieces bay-leaf and 6 cloves together for 20 minutes. Strain. Add 2 teaspoons salt. Pour hot liquid over softened gelatine. Stir till dissolved. Pour into custard cups, rinsed out with cold water. Serve on a dish lined with lettuce leaves and accompanied by mayonnaise.

### MACEDOINE OF HALIBUT

2 lb. Halibut.		1 tin Macedoine of Vegetables.
Minced Carrot and Onion.		6 Peppercorns. Water.
		French Dressing.

**For 6 persons.**—Clean and sprinkle fish with salt and stand for 3 hours. Bring 1 quart water, 1 tablespoon each of minced carrot and onion, and 6 or 7 peppercorns to the boil. Simmer till water is well flavoured, then strain into another saucepan, and when stock comes to the boil, add halibut. Cover and simmer till flesh is firm and begins to loosen from the bones, then drain well. Place on a dish. Open a tin of macedoine, empty it into a colander, then drain well.

**FOR FRENCH DRESSING.**—Mix 1 teaspoon chopped onion with 2 sprigs parsley, minced, 3 stalks chives, minced, and salt and pepper to taste. Stir in 3 tablespoons salad oil, 3 teaspoons malt vinegar and 3 teaspoons tarragon vinegar. Stir the macedoine in this dressing, very lightly. Serve fish very cold, garnished with the macedoine and accompanied by a dish of Mayonnaise.

### MAYONNAISE OF CRAB

1½ gills Mayonnaise.		1½ lb. Crab.
2 hard-boiled Eggs.		1 tablespoon Capers.
		3 tablespoons French Dressing.

**For 6 persons.**—Chill the flaked crab meat and the dressing, then mix lightly together. Line a salad bowl with lettuce leaves. Pile the crab up in the centre. Spread thickly with

mayonnaise. Sprinkle with chopped capers and a little shredded celery. Garnish with hard-boiled eggs.

### ASPIC OF GAME

2 Egg Whites.

2 oz. Leaf Gelatine.

Left-over Game.

1 quart Well-seasoned Stock.

2 wineglasses Cooking Marsala or

Sherry. Garnishes.

2 wineglasses Tarragon Vinegar.

*For 6 persons.*—Turn stock into a saucepan, and flavour it to taste with any good meat extract. Water and left-over gravy may be used instead of stock. Stir in Marsala or sherry and vinegar, and gelatine softened in a little cold water, and the whipped whites of eggs. Heat gently, whisking with an egg whisk till mixture nearly comes to the boil, then boil up and strain through a jelly bag. Set a little of this in the bottom of a wet mould and decorate with one or two peas, strips of pimento, or bits of hard-boiled egg white. Cover decorations with a little of the aspic and when it is set, add alternate layers of game, neatly diced, and aspic. You can add a little diced, cold ham or tongue as well as the game, if liked. Keep on adding the layers, allowing each one to set before adding another, till mould is full. Leave till set, then turn out on to a bed of heart of lettuce leaves. Garnish with tomatoes or hard-boiled eggs.

### HAM JELLIES

Cold Cooked Ham.

1 cup Cooked Green Peas.

5 cups Boiling Consommé.

$\frac{1}{2}$  cup Cold Water.

1 $\frac{1}{2}$  oz. Gelatine.

Soften gelatine in the cold water, then stir in the consommé, and keep stirring till gelatine is dissolved. Carve off thin slices of ham, leaving a thin rim of fat on some of the slices. Fill wet individual moulds with prepared ham. Divide the peas between them. Fill up with the liquid jelly. When set, turn out and serve on a cold dish round a mound of potato or Russian salad. Garnish with mustard and cress.

### PORK AND VEAL LOAF

$\frac{1}{2}$  lb. Fat Salt Pork.

4 tablespoons Cream.

$\frac{1}{2}$  teaspoon Onion Juice.

3 lb. Lean Veal.

1 Egg White.

2 tablespoons Lemon Juice.

*For 9 to 12 persons.*—Mince pork. Wipe veal and remove skin and any membrane before putting through a mincer. Mix all ingredients together. Season to taste. Pack smoothly into a buttered loaf tin. Brush with beaten egg white.

Bake very slowly for about 8 hours, basting occasionally with melted pork fat, and pricking frequently. Cool, remove from tin and serve thinly sliced, garnished with lettuce or cress and accompanied by a cooked vegetable salad.

### PORK BRAWN

1 *Pig's Head.*

2 *tablespoons Salt.*

*Cayenne Pepper to taste.*

1½ *lbs. Lean Pork.*

2 *teaspoons Pepper.*

6 *Ground Cloves.*

*For 12 or more persons.*—Choose a head weighing about 6 lb. Cut off and salt the cheeks, if you don't want to add them to the brawn. Clean head. Place in a saucepan. Cover with cold water. Add the pork. Bring to boil and skim just before boiling. Boil till tender in from 2-3 hours, until the bones come away easily. Remove bones. Chop pork and meat from head with a sharp knife while hot. Mix and stir in the salt, pepper and cloves, and cayenne to taste. Place in brawn tins or moulds rinsed in cold water. Weight. Stand till quite cold. Turn out on to a dish. Serve garnished with lettuce and tomatoes.

### MY FAVOURITE GALANTINE

1 *lb. Veal.*

½ *lb. Breadcrumbs.*

1 *cup Stock.*    2 *Eggs.*

1 *lb. Bacon.*

1 *oz. Blanched Pistachio Nuts.*

*Paprika, Pepper, Salt.*

Free meats from skin and bone, and pass through a mincer. Mix in crumbs, seasonings and minced pistachios. Stir in egg, diluted with stock. Make into a roly-poly, and tie in a wet pudding cloth. Boil gently for 2 hours. When cold, brush with glaze.

### GALANTINE OF VEAL

4 or 5 *lb. Breast of Veal.*

½ *lb. Cooked Ham.*    *Pepper.*

8 *Sliced Hard-boiled Eggs.*

1 *lb. Sausage Meat.*    *Salt.*

Lay veal out flat on a board. Season with pepper and salt. Cover with ½ a pound sausage meat. Lay over half the eggs and slices of ham. Put on remainder of sausage meat and ham and eggs. Season with pepper and salt. Roll up and tie or sew the rolled veal in a cloth. Place in boiling water or stock. Simmer very gently till tender, about 1½ to 2 hours. Press, remove cloth and cover with glaze. Serve on a border of lettuce or watercress, and ornament with tomatoes or aspic jelly.



# VEGETABLES

**T**HERE is no excuse for vegetables being badly prepared. If you choose fresh, firm vegetables, free from blemishes and all decay, and see that they are neither under nor over ripe, then learn to boil or steam them properly, the reputation English housewives have of murdering vegetables will soon die away.

Generally speaking, green vegetables should be crisp, and those which should be hearted, ought to have compact hearts with crisp, fresh outside leaves lightly and closely packed. Brussel sprouts, celery, red cabbage, savoy and turnip tops are always better after a touch of frost.

## TO PREPARE VEGETABLES

1. Scrub all root vegetables, like carrots, parsnips, turnips and potatoes, with a vegetable brush, then pare when necessary.

2. Remove any wilted or discoloured leaves from green vegetables. If you are forced to use any vegetables that are not fresh, wash and rinse them well in cold water and stand them for at least  $\frac{1}{2}$  an hour in fresh, cold water to freshen them before putting them on to boil in boiling, salted water.

3. Gather vegetables when possible before sunrise or after sunset.

4. Young carrots, parsnips and potatoes are best cooked without peeling.

5. Don't throw away beetroot, celery and radish tops or the outer leaves of all green salad and cauliflower. Cook them singly or together, like greens. Put onion and tomato peelings in the stock pot.

6. Wash all vegetables well in cold, salted water after preparing. Beet leaves, curly endive, lettuce, spinach, and all leaf greens should be washed leaf by leaf to remove any earth and slugs that might be sticking to the leaves. Remove coarse outer stalks from cauliflower, and other vegetables of that ilk, and make a cross cut with a sharp knife over the thick stem and place head downwards in a basin of cold, salted water for at least  $\frac{1}{2}$  an hour to get rid of any insects. Wash seakale, salsify, leeks, and celery very carefully to get rid of any sand or gravel between the stalks. Peel potatoes thinly and turnips thickly.

## RULES FOR BOILING VEGETABLES

1. Allow  $\frac{1}{2}$  an ounce to 1 ounce salt to a gallon of boiling water, and use salt and water in the same proportion, halving or quartering as required, for a small quantity of vegetables.

2 Add  $\frac{1}{2}$  a teaspoon sugar when boiling green vegetables, as well as salt in necessary quantity

3 If you want to cook cauliflowers, cabbages, and onions without giving off a strong odour, prepare as for boiling and boil in a covered casserole in the oven.

4 Boil all root vegetables in a covered pan, all green in an uncovered pan

5 Do not leave vegetables soaking in water for long after they are peeled, for soaking robs them of much of their flavour and nutriment

6 Try always to cook vegetables of the same size together. If you cook small and large, the small will be ready while the large are still hard, and when the large are ready the small will be cooked to pieces

TO COOK VEGETABLES IN MILK.—1 Asparagus, celery, cucumber, diced string beans, diced onions, peas, salsify and potatoes, can all be cooked in milk

2 Cut vegetables to be cooked in this way in small pieces, and place in the top of a double boiler with just enough milk to cover. Add a grain or two of baking soda, and cook, covered, over hot water till vegetables are tender. Next add for every cup of milk used a small tablespoon of butter, creamed with same quantity of flour, and salt and pepper to taste. *Vegetables cooked in this way retain all their nutriment. Allow 1 teaspoon salt to 1 quart fluid.*

## GLOBE ARTICHOKE

*Allow 1 per person*

TO BOIL Remove withered outer leaves and any hard outer leaves, and cut stems even with the remaining leaves. Drop into a saucepan of cold water, containing  $\frac{1}{2}$  a cup vinegar to each 3 pints water. Stand  $\frac{1}{2}$  an hour. Wash thoroughly in running water, drain, and cook in boiling, salted water till tender. Serve on a hot dish accompanied by a sauceboat of melted butter, Hollandaise, or Tartare sauce

TO STEAM Prepare as above. Sprinkle with salt, place in the top of a double boiler, or in a colander in a tightly

closed saucepan. Steam till tender from  $\frac{1}{2}$  to 1 hour.

NOTE.—Cold, boiled artichokes can be served with Vinaigrette sauce. *In season*—January to April.

### JERUSALEM ARTICHOKEs

*Allow 1 pound for 4 persons.*

TO BOIL.—Wash, scrape and drop immediately into cold water—1 quart water sharpened with 1 tablespoon vinegar. This prevents artichokes discolouring. When boiling salted water is ready, rinse artichokes, and plunge them into the boiling water. Cook till tender, in about 45 minutes. To serve, drain well and moisten with melted butter and sprinkle with pepper, salt and lemon juice or minced parsley or chives. Artichokes can be sliced thinly or cut into dice if preferred.

TO STEAM.—Prepare as above. Dust with pepper and salt and steam till tender from  $\frac{3}{4}$  to 1 hour. Serve as above or masked cheese sauce. *In season*—October to April.

### ASPARAGUS

*Allow 6 to 8 stalks per person.*

TO BOIL.—Brush stalks to remove sand, scrape off scales, cut off tough lower ends, and tie in bundles. If dry or old, the stalks can be thinly peeled. Add 1 tablespoon of brown sugar to the boiling salted water. Place asparagus in water. Simmer 30 to 45 minutes. If stalks are very thick, I sometimes stand them in water and parboil before laying them flat down in the pan. When tender, drain well, and serve with melted butter or Hollandaise sauce. See also page 213.

TO STEAM.—Prepare as above. Steam 45 to 60 minutes. Asparagus is good for the kidneys. *In season*—April to July.

### AUBERGINES (EGG-PLANT)

*Allow 1 medium aubergine to 2 persons*

TO BOIL.—Pare. Cut crosswise in thick slices. Plunge in boiling salted water. Cover and boil till tender in about 15 to 20 minutes. Drain and serve with cream or white sauce.

TO STEAM.—Prepare as above and steam for  $\frac{1}{2}$  an hour.

TO FRY.—Prepare as above, dry, egg and crumb and fry in a little smoking butter, bacon fat or dripping.

TO VARY SERVICE.—Parboil whole, halve, scrape out any seeds if old and stuff and bake. Can be served in any way suggested for cucumber. *In season*—June to November.

**BROAD BEANS**

*Allow  $\frac{1}{2}$  peck for 3 or 4 persons.*

**TO BOIL.**—Pod. Plunge in boiling, salted water. Cook very gently until the skin cracks. Drain, remove skins by rubbing on a clean cloth, if beans are old. Toss in a little melted butter or re-heat them in parsley butter or parsley sauce. If young, allow 20 to 25 minutes to boil.

**TO VARY SERVICE.**—Rub through a sieve when tender and season to taste with salt, pepper, minced parsley and lemon juice, if liked, and moisten with butter and cream. *In season*—July and August.

**RUNNER BEANS**

*Allow  $1\frac{1}{2}$  pounds to 4 persons.*

**TO BOIL.**—Wash and string beans. If beans are young and tender they can be left whole. If large, they can be sliced in strips slantways or cut into diamonds. Drop into cold water as you cut them. Plunge into boiling salted water. Drain well; toss in a little melted butter; season with pepper and salt if necessary. Serve.

**TO VARY SERVICE.**—Serve moistened parsley butter, or with Hollandaise sauce. Allow 1 gill sauce to 1 pound or pint of beans. Fry 2 tablespoons minced bacon or 1 teaspoon minced chives or onion, then add drained beans and lemon juice to taste.

**TO STEAM.**—Prepare as for boiling. Add 1 ounce butter to every pint or pound of beans, also salt and pepper. Steam 40 minutes to 1 hour. Good for anæmia. *In season*—July to October.

**BEETROOT**

*Allow 1 medium beetroot for 2 or 3 persons.*

**TO BOIL.**—Remove only rootlets. Leave stalks to prevent juice escaping. Wash. Plunge into boiling salted water and boil steadily till tender in a covered pan. Rub off peel, cut into thick slices, and serve in a hot dish moistened with melted butter. **YOUNG BEETS**—allow  $\frac{3}{4}$  to 1 hour; **OLD BEETROOT**—2 hours or more.

**TO STEAM.**—Prepare as above. Dredge with salt. Steam from 1 to  $1\frac{1}{2}$  hours if young, if old,  $2\frac{1}{2}$  to 3 hours. Serve buttered.

**TO VARY SERVICE.**—Cook a minced onion in the butter used for moistening boiled beet. If wanted for salads allow to cool before skinning. Can be heated in melted butter

sharpened with lemon juice. **YOUNG BEETROOT LEAVES** can be cooked like spinach. They clear the blood and regulate the system. *In season*—All the year round.

### BORAGE

Use for flavouring claret and other wine cups.

### BROCCOLI

*Allow 1 large head broccoli for 4 persons.*

**TO BOIL.**—Trim off any decayed outside leaves. Cut away stalks flat from the bottom of flower. Place in salted water, head downwards, for an hour, before cooking, to draw out any insects. Plunge into fast-boiling, salted water. Simmer, uncovered, skimming water occasionally till vegetable is tender. Remove with a slice. Drain well. Place on a hot dish. Serve with melted butter or white sauce poured over. Small broccoli take 12 to 15 minutes; large, 20 to 25 minutes.

**TO VARY SERVICE.**—Cook au gratin. Heat up in curry sauce. Use as an hors d'œuvre after moistening with French dressing. Good for anæmia. *In season*—mid-December to June.

**BROCCOLI SPROUTS.**—See GREENS.

### BRUSSELS SPROUTS

*Allow 1½ pounds for 4 persons.*

**TO BOIL.**—Remove any discoloured leaves from the outside. Wash well, trim neatly, and only cook at one time sprouts of an even size, or some will be over-cooked, others under-cooked. Pan should not be covered. Lightly press sprouts occasionally while cooking. If young enough for boiling, they should take about 12 minutes and they must not be over-cooked or they are spoilt. Drain every drop of moisture from them. Dry if you like, then toss in a little melted butter. Season with salt, pepper, and grated nutmeg, or parboil, drain well, and stew till tender in stock. *In season*—September to March.

### CABBAGE

*Allow 1 large cabbage for 4 persons.*

**TO BOIL.**—Remove any withered leaves and coarse stalks, then either halve and quarter, or shred. Plunge into boiling, salted water. Boil quickly 10 to 12 minutes, if shredded; if quartered,  $\frac{3}{4}$  of an hour. *Drain well.* Moisten with butter and season with pepper. Can be served when halved or quartered with a lump of butter melting on top.

**TO VARY SERVICE.**—Plain, buttered as above, masked with cream sauce, or with hot seasoned cream.

**TO STEAM.**—Prepare as for boiling. Season with salt and pepper and add a tablespoon of butter. Steam at least a third longer time than when boiled. Cabbage is good for anæmia. *In season*, all year.

**RED CABBAGE.**—Stew with 2 onions, 3 apples, and 2 tablespoons butter till tender. Season to taste and add red currant jelly or port wine to taste.

## CARROTS

*Allow 1 pound for 4 persons.*

**TO BOIL.**—Boil with skins on in boiling, salted water, then peel, halve, quarter or dice. Heat in a little melted butter. Season with pepper, sprinkle with minced parsley. The length of time for boiling depends on age of carrot. Diced, when young, about 20 minutes; when old, about  $\frac{1}{2}$  an hour. Halved or quartered—depending on age, 30 to 50 minutes.

**TO STEAM.**—Scrub well. Dust with salt. Steam till tender from  $\frac{3}{4}$  to 1 hour, according to age. Old ones should be quartered lengthwise and be peeled before buttering.

**TO VARY SERVICE.**—Buttered, plain boiled with salt beef, creamed or mixed with peas.

Carrots are good for anæmia and to purify the complexion and stimulate the appetite. *In season*—all the year.

## CAULIFLOWER

See BROCCOLI.

**NOTE.**—Before serving, cauliflower can be divided into sprigs and finished off as liked. *In season*—June to November.

### CAULIFLOWER WITH CRUMB BUTTER

2 medium Cauliflowers, boiled or steamed.	1 $\frac{1}{2}$ cups Coarse Crumbs. $\frac{1}{2}$ cup Butter.
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Melt butter. Add crumbs. Cook till golden brown, then pour over cauliflower. Brussels sprouts, new potatoes, asparagus and salsify can be served in this way.

## CELERIAC

*Allow 1 pound for 4 persons.*

**TO BOIL.**—Scrape, remove tops and rootlets, plunge into boiling salted water, and boil till tender in about 45 minutes. Drain well. Moisten with melted butter.

**TO VARY SERVICE.**—Cover with cream or Hollandaise sauce, scallop, mask with cream sauce, or serve as a salad.

**TO STEAM.**—Prepare as above. Dust with salt. Steam till tender in about an hour. Peel and serve as suggested above.  
*In season*—September to February.

### CELERY

*Allow 1 large head for 3 persons.*

**TO BOIL.**—Clean and remove strings from back of stalks. Either leave whole or cut into short lengths or dice. Plunge into boiling salted water. Boil till tender from 45 to 50 minutes.

**TO VARY SERVICE.**—Butter, cream, braise, etc., stew, thicken, sieve. As a purée for game or poultry, boil, drain, heat in curry sauce, or serve au gratin.

**TO BRAISE.**—Trim and wash. Cut each head into two or three portions lengthwise, and tie each up to keep the stalks together. Place in a well-buttered casserole or stewing pan. Sprinkle with salt, pepper and grated nutmeg to taste. Add rich stock in proportion of  $\frac{1}{2}$  a pint to 3 or 4 heads. Cut 3 rashers of streaky bacon, with rind removed in strips. Place on top of celery. Cover and cook very slowly for about  $\frac{1}{2}$  an hour either on the fire or in the oven. When ready, drain celery, place in a hot vegetable dish. Boil stock up for 5 minutes. Add a spoonful or two of rich gravy if you have it and a tiny piece of meat glaze. When glaze is dissolved pour sauce over.

**TO STEAM.**—Prepare as for boiling. Dust with salt. Steam 1 to  $1\frac{1}{2}$  hours. Good for neuralgia, rheumatism.  
*In season*—September to February.

### CHERVIL

Use for flavouring salad, etc. Dry, powder, and bottle like parsley. *In season*—summer. Grown in winter under glass.

### CHICORY

*Allow 1 head per person.*

**TO BOIL.**—Wash and see that any insects are removed. Trim and place in boiling water slightly salted. Stand 10 minutes, then throw into fresh boiling, salted water, and finish cooking till tender. Drain, season with pepper, and moisten with butter and lemon juice to taste.

**TO VARY SERVICE.**—See CELERY. *In season*—November to March.

### CHIVES

Use in place of parsley or with parsley in savoury stuffings, in salad dressings, omelettes, etc. *In season*—see CHERVIL.

### CORN SALAD

Wash and drain well, and use as a salad by itself, or with any other green salad. Sometimes known as "lambs' lettuce." *In season*—autumn, winter, spring.

### GREEN CORN

*Allow 1 ear per person.*

**TO BOIL.**—Remove all husk except inner layer. Strip this down, remove all silk, replace remaining husk, tie securely, and plunge into boiling water to cover. Cover and boil rapidly 7 to 12 minutes, according to age. Drain, then undo the strings. Remove husks, and serve moistened with melted butter. Makes a good separate vegetable course. *In season*—August and September.

### CUCUMBER

*Allow 1 large cucumber for 2 persons.*

**TO BOIL.**—Remove ends and peel from cucumber. Halve lengthwise, remove seeds, and cut into neat chunks or slices. Plunge into boiling, salted water. Simmer 5 minutes. Dry gently on a cloth and finish off by either stewing till tender with a good pat of fresh butter and pepper, salt and lemon juice to taste, or stew in  $\frac{1}{2}$  a pint rich stock.

**TO VARY SERVICE. TO CREAM.**—Peel, seed and slice 2 large cucumbers. Place in a saucepan with 1 ounce butter. Cover and simmer till tender. Add a few drops of lemon juice and  $\frac{1}{2}$  a pint rich white sauce. Strain and serve with fish, or use half sauce and serve as a vegetable. See AUBERGINES for other suggestions. *In season*—April to September.

### DANDELION

*Allow 1 pound to 3 or 4 persons.*

**TO BOIL.**—Remove roots. Wash thoroughly in 2 or 3 cold waters, then drain well. Plunge into boiling, salted water. Cover and boil from 20 to 30 minutes, then drain well. Turn on to a board, after pressing out all the moisture. Chop, and to every pint of chopped leaves, allow 1 ounce butter. Melt butter in a saucepan, add 1 teaspoon flour to 1 ounce butter, then 2 tablespoons cream or gravy and



pepper and salt to taste. Add dandelion, and when hot, stir in another spoonful of gravy or cream.

**NOTE.**—If bitter flavour is not liked, boil 1 minute after washing, drain, and throw again into boiling, salted water and cook till tender. *In season*—in spring, before flowering.

## ENDIVE

*Allow 1 head per person.*

**TO BOIL.**—Remove roots, wash, and tear leaves apart. Drain well, and plunge into boiling salted water. Boil till tender, then drain well and chop finely. Melt 1 ounce butter in a saucepan. Add endive; season to taste with pepper, lemon juice and salt if necessary. Boil from 20 minutes to  $\frac{1}{2}$  an hour.

**TO VARY SERVICE.**—Boil only 10 minutes, then drain, chop, and cook in  $\frac{1}{2}$  pint thickened stock in a covered pan till perfectly tender. *In season*—September to March.

## GREENS

*Allow  $\frac{1}{2}$  to 1 peck for 6 persons.*

Beetroot tops, dandelion leaves, wild mustard, corn salad, lettuce, sorrel, spinach, kale, turnip tops, etc. All good for clearing the blood and regulating the system.

**TO BOIL.**—Pick well over, trim neatly, tie in small bundles, and boil sharply in plenty of fast boiling water in an uncovered saucepan till cooked. Turn on to a sieve and drain thoroughly, then remove strings, arrange neatly on a hot vegetable dish, and serve masked white sauce, or chopped and moistened butter, or masked white sauce, and garnished sieved, hard-boiled eggs. The average time for boiling is 15 to 20 minutes. Can be served au gratin.

## LEEKs

*Allow 3 or 4 per person.*

**TO BOIL.**—Wash well, cutting the green off close to the white, then trimming neatly. Tie up in small bundles. Blanch in salted water, drain off, and finish cooking in boiling salted water sharpened with vinegar or lemon juice. Drain well. Serve moistened with melted or oiled butter or masked white sauce.

**TO VARY SERVICE.**—Serve cold au gratin or mask them with French dressing and serve as a salad. *In season*—September to December.

**LETTUCE**

*Allow 1 medium lettuce per person.*

**TO CREAM.**—Wash, trim, remove all wilted leaves, and throw into fast boiling water. Cook 10 minutes, rinse in cold water, dry well, and quarter. Place in a clean pan with 2 ounces butter, white pepper and salt to taste, and a dust of castor sugar. Simmer till tender, then stir in 2 beaten egg yolks, diluted with  $\frac{1}{2}$  a gill rich milk or cream.

**MARJORAM**

Use for flavouring stuffings, soups, etc.

**MINT**

Add a sprig to young green peas or potatoes before boiling. Use for mint sauce, for adding to wine and fruit cups, and for garnishing fruit cocktails.

**MUSHROOMS**

*Allow 1 pound for 4 persons.*

**TO GRILL.**—See MIXED GRILL, page 165.

**TO BAKE.**—Wash, peel, and remove stems from flaps. Place in a buttered baking dish, season with pepper, salt and a very little ground mace or garlic salt. Dab each with a small piece of butter. Bake from 20 to 25 minutes, according to size. Serve on the dish they were cooked in, with a pat of maître d'hôtel butter melting on each.

**TO VARY SERVICE.**—Stew in milk or thin cream. Fry in a little butter. Grill, or devil. On no account soak in water, or you will ruin the flavour. Use a stainless knife for peeling. *In season*—September and October.

**ONIONS**

*Allow 1 pound for 4 or 5 persons.*

**TO BOIL.**—If small, peel and cook whole. If large, peel and quarter, or cut into thick slices crosswise. Plunge into a saucepan of boiling, salted water to cover. Boil from 30 to 40 minutes till tender. Drain, serve seasoned with pepper and salt, and moistened with melted butter or white sauce.

**TO VARY SERVICE.**—Serve scalloped, stuffed and baked, or au gratin. *In season*—all year round.

**PARSLEY**

Use for garnishing fish, cold meats, mincing and adding to omelettes, salad dressings, or dry and store till wanted for use.

### PARSNIPS

*Allow 1 pound for 4 persons.*

**To BOIL.**—Boil in skins and salted water after removing any decayed spots. When tender, rub skins off with a rough cloth, or scrape. If parsnips are very large, quarter them before boiling. Boil 1 to 1½ hours. Serve plain boiled and moistened with butter, or mashed and moistened with butter and sharpened with lemon juice and seasoned pepper.

**To STEAM.**—Prepare as for boiling. Place in a steamer, dredge with salt, and steam till tender for about 1½ hours, then rub off skins and finish as boiled.

**To VARY SERVICE.**—Boil with salt beef or pork. Serve boiled parsnips, creamed or scalloped.

### PEAS

*Allow 1 pound shelled peas for 4 persons.*

**To BOIL.**—Shell, and when young, reserve pods for soup. Place in a saucepan, barely cover with boiling salted water, add mint, and if old, add a teaspoon of castor sugar. Simmer till tender, from 25 to 35 minutes, depending on age. Drain well, season with pepper, and add 1 tablespoon butter to each pound of peas.

**To VARY SERVICE.**—Cream, scallop, or boil and serve in combination with buttered carrots.

### PEPPERS

*Allow 1 medium pod per person.*

Use for flavouring savoury dishes, salads, or as cases for baked mixtures.

### POTATOES

*Allow 1 pound between 3 or 4 persons.*

**To BOIL.**—Scrub, but do not skin. Plunge into rapidly boiling, salted water, and boil from 20 to 40 minutes, according to size. Potatoes must be of an equal size and must have plenty of room to boil in or they will burst. Use hot water for new potatoes and cold for old. When tender, drain, adding water, if liked, to stock pot. Cover for a moment or two, then half-remove lid. Sometimes I place a folded clean cloth over potatoes after draining to absorb moisture. When drained, serve moistened with melted butter, and sprinkled with chopped parsley or chives, or fried, or moistened with parsley sauce, or put through a potato masher, or mashed, seasoned to taste with pepper

enriched with a pat of butter, and beaten well with a little milk and the yolk of an egg, if liked. Can be put through a potato masher, if liked, afterwards.

To ROAST.—Parboil potatoes, then drain and dry in a cloth. Either place them in dripping tin beneath joint or in a baking tin with 4 tablespoons hot fat. Sprinkle with salt and bake in a fast oven for  $\frac{3}{4}$  to 1 hour, till well browned.

### RADISHES

Wash, trim, and serve as a garnish.

### SALSIFY

*Allow 1 bunch for 4 persons.*

To BOIL.—Allow for 1 pound,  $1\frac{1}{2}$  pints water,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons lemon juice or vinegar, and about 2 ounces butter. When mixture boils, lay in the salsify, neatly trimmed and cut in 3-inch lengths. When it comes to the boil again, draw to the side and simmer slowly for  $\frac{1}{2}$  an hour, with lid a little off the pan. Drain well. Serve with melted butter, white sauce, or floured or dipped in batter and fried in hot fat, then well drained and dusted with grated Parmesan cheese and paprika. When cold, can be served as a salad.

### SAVOY

SEE CABBAGE.

### SEAKALE

*Allow 3 or 4 heads per person.*

Cook like celery. Boil only 20 minutes. If any longer it will toughen. Good also au gratin or made up as fritters.

### SHALLOTS

Used for flavouring and sauces. More delicate than onions.

### SPINACH

*Allow 3 pounds for 3 or 4 persons.*

Well wash in two or three cold waters after picking and removing any coarse stalks. Place in a saucepan with only the water adhering to the leaves after washing. Cook till tender in about 10 to 15 minutes. Drain well, chop, and rub through a sieve. Add butter or cream and season to taste or stir a teaspoon of flour into 1 ounce melted butter, and add to spinach with a little gravy or cream and seasoning.  
*In season*—March to December.

**BEETROOT LEAVES, NETTLES, and WATERCRESS** can be prepared in the same way.

**TO VARY SERVICE.**—Serve as a border for poached or steamed eggs.

### TARRAGON

Use for flavouring sauces, in salads, as a garnish, and for making tarragon vinegar.

### TOMATOES

*Allow 1 pound for 3 or 4 persons.*

**TO BAKE.**—Remove stalks from medium, even-sized tomatoes, then halve. Place in a buttered baking dish. Dab each half with butter, season to taste with black pepper and salt, and bake from 15 to 20 minutes, according to size. Serve as a garnish with fried, grilled or roast meats.

**TO VARY SERVICE.**—Cream, stuff and bake, grill, or scallop.

### TURNIPS

*Allow 1 pound to 2 or 3 persons.*

**TO BOIL.**—Remove tops, scrub, and cook in boiling, salted water from  $\frac{3}{4}$  to 1 hour. Drain, skin, and season with salt and pepper. Moisten with butter or serve masked white sauce. Large turnips such as Swedes should be skinned and sliced or diced before boiling till tender in boiling, salted water from 1 to  $1\frac{1}{2}$  hours. Drain, mash, season to taste, and moisten with butter. A dash of lemon juice improves turnips.

### VEGETABLE MARROW

*Allow 1 medium sized for 2 or 3 persons.*

Plunge into boiling, salted water. Boil rapidly for about 15 minutes, peel, and serve with cheese or tomato sauce.

**TO FRY.**—Stem, peel and dice. Allow for every 3 cups diced vegetable, 1 large onion and 2 tablespoons bacon fat. Fry peeled onion, add marrow, and fry till tender, stirring frequently.

## VEGETABLE DISHES

### ARTICHOKE CHIPS

1 lb. Jerusalem Artichokes. |  $\frac{1}{2}$  Lemon. Fat.

**For 4 persons.**—Wash, scrub and peel the artichokes. Slice them very thinly like chips into a basin of salted water

containing lemon juice. When ready to fry them, dry thoroughly in a clean cloth, turn into a frying basket and plunge immediately into deep, smoking hot fat. Fry till light brown, then drain on to paper. Sprinkle lightly with fine salt, and serve at once with fried fish or grilled meat.

### CREAMED BROAD BEANS

1 lb. *Shelled Broad Beans.*

$\frac{1}{2}$  oz. *Flour.*

2 *Rashers of Bacon.*

1 *Onion.*      *Butter.*

$\frac{1}{2}$  *teaspoon Chopped Parsley.*

*Salt and Pepper.*

*For 2 to 4 persons.*—Boil beans in boiling, salted water with peeled onion till tender. Remove rind from bacon, chop and fry for 4 or 5 minutes. Stir in flour, and add a little of the liquor in which the beans were boiled and a large pat of butter. Strain beans carefully. Add to bacon, etc., then stir in the parsley. Toss over the fire for a few moments, season, and serve in a hot vegetable dish.

### STEWED CABBAGE

1 *medium head Cabbage.*

1 *Tart Apple.*

$\frac{1}{2}$  *Onion.*      *Paprika.*

1 *tablespoon Carraway Seed.*

3 *tablespoons Butter.*

2 *teaspoons Salt.*

*For 2 or 3 persons.*—Cut cabbage finely. Soak 10 minutes in salt water. Drain, heat butter, or fat from top of soup stock, if preferred. Add cabbage, cup up apple, carraway seed to taste, salt, paprika and onion. Cover closely, and cook about 1 hour. Serve.

### BAKED CARROTS

1 *quart Carrots.*

*Grated Cheese.*

*Breadcrumbs.*

*Salt, Paprika.*

*Cream Sauce.*

*For 6 persons.*—Pare carrots, slice and cook till tender, then drain. Place a layer of carrots in a baking dish, sprinkle with fine breadcrumbs, salt and paprika to taste. Sift 2 tablespoons grated cheese over each layer. Repeat layers till dish is full. Cover with cream sauce. Sprinkle with grated cheese and breadcrumbs. Bake in a hot oven for 20 minutes.

### CARROTS, FARMHOUSE STYLE

4 *medium-sized Carrots.*

3 *tablespoons Butter.*

6 *medium-sized Potatoes.*

$\frac{1}{2}$  *cup Hot, Thin Cream.*

*For 6 to 8 persons.*—Boil carrots and potatoes till nearly ready. Drain, mash each separately, then mix together. Add cream and butter, mix well, then serve at once.

cayenne 1 oz of all-spice, 1 oz of whole black pepper,  $\frac{1}{2}$  oz of whole nutmeg bruised 4 leaves  $\frac{1}{4}$  oz of mace

*Mode* Gather the onions which should not be too small when they are quite dry and wipe off the dirt but do not pare them; make a strong solution of salt in water, into which put the onions, and change this, morning and night for 3 days, and save the first brine they are put in. Then take out and dry in cloth and put them into a muslin pan capable of holding them all, as they are always better for use when dry. Next fill 4 quart jars of milk and the first salt and water mixture over it and pour the brine to this add 2 large spoonsful of ale put them over the fire and warm them very attentively. Keep continuing to turn the onions about with a wooden skimmer till the bottom of the top and the sides are well wet with the milk and water in the jars. Then hoist the skimmer to some height, the onion will come out of the cloth, they will be good for nothing unless should be put in a new salt. Keep them stirred for a few minutes in the milk, then let them particularly to break them. Then take a large pan, the size of a boiler, into which turn the onion to drain, cover the pan with a cloth to keep in the steam. Place on a table an old loath or, if times double put the onions in it when quite hot and over the old piece or blanket, cover this closely over them, to keep in the steam. Let them remain till the next day when they will be quite cold and a good yellow and shrivelled take off the shrivelled skins when they should be as white as snow. Put them in a pan make a jelly of sugar and the remaining ingredients, boil all these up, and pour it over the onions in the pan. Cover very closely to keep in the steam and let them stand till the following day when they will be quite cold. Put them into jars or bottles well bunged and a tablespoonful of the best olive oil on the top of each jar or bottle. Tie them close with bladder and let them stand in a cool place for a month or six weeks when they will be fit for use. They should be beautifully white and crisp without the least softness, and will keep good many months.

*Time*.—5 days. *At one cost*, 1s 10d

*Seasonable* from the middle of July to the end of August

#### 500 ORANGE GRAVY, for Wildfowl Widgeon Teal &c

*INGREDIENTS* — $\frac{1}{2}$  pint of white stock No 109, 1 small onion, 3 or 4 strips of lemon or orange peel, a few leaves of basil if at hand the juice of 1 Seville orange or lemon, salt and pepper to taste, 1 glass of port wine

*Mode.*—Put the onion, cut in slices, into a stewpan, with the stock, orange-peel, and basil, and let them simmer very gently for  $\frac{1}{4}$  hour or rather longer; should the gravy not taste sufficiently of the peel, strain it off, and add to the gravy the remaining ingredients; let the whole heat through, and, when on the point of boiling, serve very hot in a tureen which should have a cover to it.

*Time.*—Altogether  $\frac{1}{2}$  hour.

*Average cost*, 1s. 4d.

*Sufficient* for a small tureen.

### 501. OYSTER FORCEMEAT, for Roast or Boiled Turkey

*INGREDIENTS.*— $\frac{1}{2}$  pint of bread-crumbs, 1 $\frac{1}{2}$  oz. of chopped suet or butter, 1 flaggot of savoury herbs,  $\frac{1}{4}$  saltspoonful of grated nutmeg, salt and pepper to taste, 2 eggs, 18 oysters.

*Mode.*—Grate the bread very fine, and be careful that no large lumps remain. put it into a basin with the suet which must be very finely minced, or, when butter is used, that must be cut up into small pieces. Add the herbs, also chopped as small as possible, and seasoning; mix all these well together, until the ingredients are thoroughly mingled. Open and beard the oysters, chop them, but not too small, and add them to the other ingredients. Beat up the eggs, and, with the hand, work all together until it is smoothly mixed. The turkey should not be stuffed too full if there should be too much forcemeat, fill it into balls, fry them, and use them as a garnish.

*Sufficient* for 1 turkey.

### 502.—OYSTER KETCHUP.

*INGREDIENTS.*—Sufficient oysters to fill a pint measure, 1 pint of sherry, 3 oz. of salt, 1 drachm of cayenne, 2 drachms of pounded mace.

*Mode.*—Procure the oysters very fresh, and open sufficient to fill a pint measure; save the liquor, and scald the oysters in it with the sherry; strain the oysters, and put them in a mortar with the salt, cayenne, and mace; pound the whole until reduced to a pulp, then add to the liquor in which they were scalded; boil it again five minutes, and skim well: rub the whole through a sieve, and when cold, bottle and cork closely. The corks should be sealed.

*Seasonable* from September to April.

*Note.*—Cider may be substituted for the sherry.



BEETROOT LEAVES, NETTLES, and WATERCRESS can be prepared in the same way.

To VARY SERVICE.—Serve as a border for poached or steamed eggs.

### TARRAGON

Use for flavouring sauces, in salads, as a garnish, and for making tarragon vinegar.

### TOMATOES

*Allow 1 pound for 3 or 4 persons.*

To BAKE.—Remove stalks from medium, even-sized tomatoes, then halve. Place in a buttered baking dish. Dab each half with butter, season to taste with black pepper and salt, and bake from 15 to 20 minutes, according to size. Serve as a garnish with fried, grilled or roast meats.

To VARY SERVICE.—Cream, stuff and bake, grill, or scallop.

### TURNIPS

*Allow 1 pound to 2 or 3 persons.*

To BOIL.—Remove tops, scrub, and cook in boiling, salted water from  $\frac{3}{4}$  to 1 hour. Drain, skin, and season with salt and pepper. Moisten with butter or serve masked white sauce. Large turnips such as Swedes should be skinned and sliced or diced before boiling till tender in boiling, salted water from 1 to  $1\frac{1}{4}$  hours. Drain, mash, season to taste, and moisten with butter. A dash of lemon juice improves turnips.

### VEGETABLE MARROW

*Allow 1 medium sized for 2 or 3 persons.*

Plunge into boiling, salted water. Boil rapidly for about 15 minutes, peel, and serve with cheese or tomato sauce.

To FRY.—Stem, peel and dice. Allow for every 3 cups diced vegetable, 1 large onion and 2 tablespoons bacon fat. Fry peeled onion, add marrow, and fry till tender, stirring frequently.

## VEGETABLE DISHES

### ARTICHOKE CHIPS

1 lb. Jerusalem Artichokes. |  $\frac{1}{4}$  Lemon. Fat.

For 4 persons.—Wash, scrub and peel the artichokes. Slice them very thinly like chips into a basin of salted water

containing lemon juice. When ready to fry them, dry thoroughly in a clean cloth, turn into a frying basket and plunge immediately into deep, smoking hot fat. Fry till light brown, then drain on to paper. Sprinkle lightly with fine salt, and serve at once with fried fish or grilled meat.

### CREAMED BROAD BEANS

1 lb. Shelled Broad Beans.

$\frac{1}{2}$  oz. Flour.

2 Rashers of Bacon.

1 Onion. Butter.

$\frac{1}{2}$  teaspoon Chopped Parsley.

Salt and Pepper.

For 2 to 4 persons.—Boil beans in boiling, salted water with peeled onion till tender. Remove rind from bacon, chop and fry for 4 or 5 minutes. Stir in flour, and add a little of the liquor in which the beans were boiled and a large pat of butter. Strain beans carefully. Add to bacon, etc., then stir in the parsley. Toss over the fire for a few moments, season, and serve in a hot vegetable dish.

### STEWED CABBAGE

1 medium head Cabbage.

1 Tart Apple.

$\frac{1}{2}$  Onion. Paprika.

1 tablespoon Carraway Seed.

3 tablespoons Butter.

2 teaspoons Salt.

For 2 or 3 persons.—Cut cabbage finely. Soak 10 minutes in salt water. Drain, heat butter, or fat from top of soup stock, if preferred. Add cabbage, cup up apple, carraway seed to taste, salt, paprika and onion. Cover closely, and cook about 1 hour. Serve.

### BAKED CARROTS

1 quart Carrots.

Grated Cheese.

Breadcrumbs.

Salt, Paprika.

Cream Sauce.

For 6 persons.—Pare carrots, slice and cook till tender, then drain. Place a layer of carrots in a baking dish, sprinkle with fine breadcrumbs, salt and paprika to taste. Sift 2 tablespoons grated cheese over each layer. Repeat layers till dish is full. Cover with cream sauce. Sprinkle with grated cheese and breadcrumbs. Bake in a hot oven for 20 minutes.

### CARROTS, FARMHOUSE STYLE

4 medium-sized Carrots.

3 tablespoons Butter.

6 medium-sized Potatoes.

$\frac{1}{2}$  cup Hot, Thin Cream.

For 6 to 8 persons.—Boil carrots and potatoes till nearly ready. Drain, mash each separately, then mix together. Add cream and butter, mix well, then serve at once.

## CAULIFLOWERS, POLISH FASHION

2 medium-sized Cauliflowers.

1 teaspoon Minced Parsley.

 $\frac{1}{2}$  lb. Butter.

1 teaspoon Fine Breadcrumbs.

Hard-boiled Egg.

1 teaspoon Grated Parmesan.

*For 6 persons.*—Cut off stalks and leaves from cauliflowers. Make one or two cuts in the middle, then cook in boiling, salted water in a saucepan for about  $\frac{1}{2}$  of an hour. Strain, place in a hot vegetable dish, sprinkle with chopped, hard-boiled egg and parsley. Melt butter in a frying pan, add breadcrumbs and cheese, and fry steadily for 2 minutes, stirring all the time. When golden brown, pour over cauliflower, and serve at once.

## STEWED CELERY

2 heads Celery.

4 tablespoons Flour.

 $\frac{1}{2}$  cup Stock.

4 tablespoons Butter.

Salt and Pepper.

Brown Sauce.

*For 2 persons.*—Cut cleaned and scraped celery into cubes. Place in a saucepan and parboil gently for 15 minutes. Drain, then put 2 tablespoons butter in another saucepan. Add  $1\frac{1}{2}$  cups prepared celery and cover closely. Cook till tender, shaking occasionally to prevent celery sticking to the bottom. Season and when ready to serve, cover with brown sauce, made as follows: Place remainder of butter in a frying pan, add flour, and stir with a spoon till the consistency of sauce, browning well. Add stock, and bring to boil. Cook 5 minutes, then strain and return to saucepan, and season. I sometimes use a meat cube to make the stock if I have no stock in hand.

## BRAISED CHICORY

3 or 4 heads Chicory.

 $\frac{1}{2}$  pint Rich Stock.

Brown Sauce.

3 rashers Streaky Bacon.

Brown Glaze.

Salt. Pepper. Nutmeg.

*For 3 or 4 persons.*—Trim and wash chicory. Cut each head into 2 or 3 portions. Place in a well-buttered stewpan. Add stock, salt, pepper and grated nutmeg to taste. Remove rind from bacon. Cut into strips, then fry and place on top of the chicory. Cover pan and cook slowly for about  $\frac{1}{2}$  an hour. When ready, drain and boil liquor or stock till reduced by half, then add brown sauce and meat glaze to taste. Arrange vegetable on a hot dish and strain over some of the sauce.

## SCALLOPED CORN

1 tin Corn.  
1 cup Breadcrumbs.  
 $\frac{1}{2}$  cup Corn Liquid.  
1 teaspoon Salt.

1 teaspoon Sugar.  
1 tablespoon Flour.  
1 tablespoon Butter.  
Pepper, Paprika.

*For 4 persons.*—Mix corn with flour, salt, pepper, sugar and, if liked, minced parsley and dash of crushed herbs. Stir in the liquid. Melt butter. Mix with crumbs, cover bottom of a pie-dish with  $\frac{1}{2}$  prepared crumbs, pile in corn mixture, and cover with remainder of crumbs. Bake in a moderate oven for 20 minutes. Serve with cold meat or as a luncheon dish.

## ONIONS BAKED IN MILK

6 medium Onions.  
 $\frac{1}{2}$  teaspoon Salt.  
 $1\frac{1}{2}$  cups Milk.

4 tablespoons Dry Breadcrumbs.  
2 tablespoons Grated Cheese.  
2 tablespoons Butter.

*For 6 persons.*—Peel onions and parboil in salted water for 45 minutes. Drain, place in a buttered baking dish, dust with fine dry crumbs or flour, if liked. Season with salt and pepper to taste. Add milk, dot with butter, cover, and bake 1 hour. Sprinkle with crumbs mixed with cheese and cook long enough in the oven to brown cheese and crumbs.

## ONION CUSTARD

1 teaspoon Paprika.  
 $1\frac{1}{2}$  cups Milk.  
2 Eggs.  
1 teaspoon Salt.

$\frac{1}{2}$  cup Chopped Onions.  
2 tablespoons Finely-chopped Parsley.  
 $\frac{1}{2}$  cup Breadcrumbs.

*For 6 persons.*—Parboil the onions, then drain. Place the milk in a basin. Add eggs, salt, paprika and parsley and beat all thoroughly. Add breadcrumbs to prepared onions. Mix well, then divide mixture into 6 buttered custard cups. Pour the prepared custard on top. Place cups in a baking pan, filled with a quart of water. Place in oven, and bake till custards are firm, about 25 minutes.

## A GOOD WAY WITH OLD PEAS

Peas and Pods.  
2 oz. Butter.  
Mint or Lettuce.  
1 slice Onion.

1 tablespoon Cream.  
1 sprig Parsley.  
White Pepper and Salt.  
Yolk of Egg and Milk.

Shell about  $1\frac{1}{2}$  pints peas. Put washed pods in a saucepan, cover with water, and place on the fire. Bring to boil, and boil till pods are soft and the flavour extracted. Strain off water. Turn into a saucepan. Melt butter in another saucepan,

add onion, parsley, and either a sprig or two of mint or half a head of lettuce tied up together. Season to taste with salt and white pepper. Cook till onion is faintly coloured, when add peas and pea pod water.  $\frac{1}{2}$  a pint water is enough for  $1\frac{1}{2}$  pints peas. Stew gently till peas are perfectly tender, then remove lettuce, onion and parsley. Thicken with a yolk of egg beaten with a little milk, then serve in a hot vegetable dish.

### PEAS AU JAMBON

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 pint Green Peas.                | 1 tablespoon Butter.            |
| 1 saltspoon Salt.                 | 1 teaspoon Icing Sugar.         |
| 2 tablespoons Diced, Fried Bacon. | 1 tablespoon Pimento, if liked. |
|                                   | 1 sprig Mint. Black Pepper.     |

*For 3 or 4 persons.*—Put shelled peas in a jar with a tightly fitting lid. Add butter, salt, sugar, mint and a dust of freshly ground black pepper. Cover jar tightly, and place in a stewpan full of boiling water. Cover pan, and boil sharply, examining peas from time to time to see if they are ready. Young peas need from 30 to 35 minutes. Old peas need longer. Serve in a hot dish, after mixing with ham and pimento. More butter may be added, if liked.

### POTATO CONES

- |                              |                                  |
|------------------------------|----------------------------------|
| 2 tablespoons Butter.        | 2 cups Hot Mashed Potatoes.      |
| 2 Egg Yolks.                 | $\frac{1}{2}$ cup Grated Cheese. |
| $\frac{1}{2}$ teaspoon Salt. | 2 tablespoons Cream.             |
| Cayenne, Nutmeg.             | Flour. Egg. Breadcrumbs.         |

*For 6 persons.*—Mix potatoes, butter, cheese, cream, and eggs well together. Season with salt, cayenne, and grated nutmeg to taste. Beat well. Shape into cones. Dip in flour, beaten egg, then dried breadcrumbs. Fry in deep smoking hot fat till crisp and golden. Drain on paper before serving.

### STUFFED POTATOES AU GRATIN

- |   |                                |
|---|--------------------------------|
| 6 large Potatoes.                         | 1 dessertspoon each Butter and |
| $1\frac{1}{2}$ tablespoons Grated Cheese. | Cream. Seasoning.              |

Scrub potatoes clean in cold water, then dry and bake in a hot oven, turning occasionally till soft, but not burnt. With a sharp knife cut the side off each potato, leaving a narrow rim round the top so as to form an oval case. Scoop out potato into a pan, mash till smooth, then add seasoning, cheese, butter and cream and beat till light, when fill up potato shells. Ornament with a fork on top, then dust with grated cheese, and brown lightly in a hot oven.

## POMMES AU GRATIN

- |                                   |                         |
|-----------------------------------|-------------------------|
| 2 cups Cold, Cooked Potatoes.     | 2 tablespoons Butter or |
| 1 cup Milk.                       | Margarine.              |
| $\frac{1}{2}$ cup Grated Cheese.  | Salt and Pepper.        |
| $1\frac{1}{2}$ tablespoons Flour. | Dried Breadcrumbs.      |

*For 4 persons.*—Cut potatoes into half-inch thick slices, then melt the fat in a saucepan. Stir in flour and when it froths, gradually add the milk, stirring rapidly all the time to prevent lumping. When sauce is smooth, season well with pepper and salt. Arrange layers of potatoes, sauce and grated cheese alternately in buttered pie-dish until all is used up. Sprinkle lightly with dried breadcrumbs and bake in a moderate oven till brown.

## POTATO NEST WITH PETITS POIS

- |               |                                 |
|---------------|---------------------------------|
| 4 Potatoes.   | $\frac{1}{2}$ pint Cooked Peas. |
| 1 oz. Butter. | Salt and Pepper.                |

*For 2 or 3 persons.*—Cut washed and peeled potatoes in even slices, then into strips the size of a short match, throwing them as cut into a basket of cold water. Drain, dry thoroughly and pack loosely together in a wire frying basket. Plunge into smoking-hot fat. Fry till golden brown. Drain well. Turn out in shape of an oblong nest on a hot dish. Melt butter in a saucepan. Put in boiled or bottled peas. Toss lightly till piping hot. Season, pile into nest, and serve with cutlets, roast chicken, grilled chops and steaks.

## CREAMED SWEET POTATOES

- |                      |  |
|----------------------|--|
| 5 Sweet Potatoes.    | 2 saltspoons Pepper.                   |
| 1 quart Water.       | $\frac{1}{2}$ oz. Butter.              |
| Salt. Grated Nutmeg. | 1 gill Milk. $\frac{1}{2}$ gill Cream. |

*For 3 persons.*—Peel, wash and drain medium-sized sweet potatoes. Put them in a saucepan with water and half teaspoon salt. Cover pan and boil for 40 minutes, when drain and cut into dice,  $\frac{1}{2}$  inch square. Turn dice into a frying pan, add butter, milk, cream, pepper and a saltspoon each of salt and grated nutmeg. Mix lightly and cook for 10 minutes, stirring occasionally. Serve in a hot vegetable dish.

## CREAMED SEAKALE

- |                      |                            |
|----------------------|----------------------------|
| 1 oz. Butter. Salt.  | 1 large bunch Seakale.     |
| 1 tablespoon Flour.  | 1 gill Milk. Pepper.       |
| 2 tablespoons Cream. | 2 drops Essence of Celery. |

*For 4 or 5 persons.*—Clean and prepare seakale like celery. Tie in bundles and boil in salted water for about 20 minutes.

Watch this vegetable carefully for if in the least over-boiled it hardens and toughens, and nothing can be done to soften it. When tender, drain well, put in a hot vegetable dish, remove ties and pour over the following sauce:—Melt butter in a saucepan. Add flour, and stir over fire till smooth. Stir milk gradually and simmer 10 minutes, then stir in cream, salt and pepper to taste, and the essence of celery.

### STEWED TOMATOES

<i>1 quart Tomatoes.</i>		<i>1 tablespoon Castor Sugar.</i>
<i>1 small Onion. Pepper.</i>		<i>1 tablespoon Butter. Salt.</i>

*For 6 persons.*—Scald tomatoes in boiling water, then peel and chop before measuring. Cook in a saucepan in their own juice. When soft, add minced onion, sugar, and salt and pepper to taste and simmer 10 minutes, then stir in butter.

### SCALLOPED TOMATOES AND ONIONS

<i>1 quart Stewed Tomatoes.</i>	<i>1 tablespoon Butter.</i>
<i>4 small Spanish Onions.</i>	<i>1 cup Breadcrumbs.</i>
<i>Pepper.</i>	<i>Salt.</i>

*For 6 persons.*—Stir sugar, pepper, and salt into tomatoes. Place a layer of breadcrumbs in the bottom of a well-buttered pie-dish. Cover with a layer of tomatoes, then with a layer of thinly sliced parboiled onions. Repeat layers, and cover with crumbs. Dab with butter and bake in a moderate oven from 20 minutes to  $\frac{1}{2}$  an hour.

### STUFFED VEGETABLE MARROW

<i>1 medium Marrow.</i>	<i>1 heaped tablespoon Fresh</i>
<i>1 beaten Egg.</i>	<i>Breadcrumbs.</i>
<i>1 teaspoon Minced Onion.</i>	<i>1 dessertspoon Minced Parsley.</i>
<i>4 Mushrooms. Milk.</i>	<i>2 oz. Grated Cheese.</i>
<i>Pepper. Salt. Paprika.</i>	<i>Egg Yolk. Lemon Juice.</i>

*For 3 or 4 persons.*—Pare marrow, cut in half, scoop out pulp, and replace it with the forcemeat. Peel and mince mushrooms, and mix with breadcrumbs soaked in enough milk to moisten, cheese, parsley, onion, and pepper, salt and paprika to taste. Stir in enough beaten egg to form a paste. Fill each half of marrow, tie together, and put into a stewpan with a little butter. Cook 1 hour or more till tender, then thicken liquid in pan with the yolk of an egg, and season with the juice of a lemon. Serve on a hot dish.



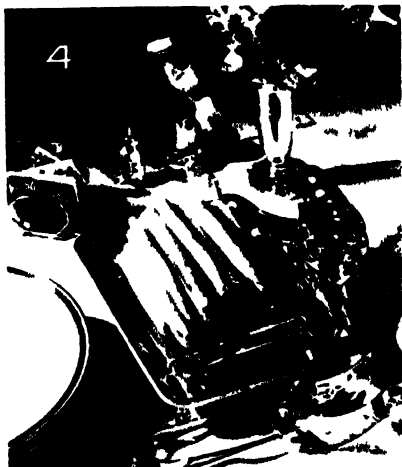
1—Cut off the tough, woody ends, with a sharp knife, leaving the stalks as uniform as possible



2—Tough skin near the ends can be pared off thinly



3 When ready for cooking, tie asparagus stalks in individual bundles



4—Serve asparagus on a special dish or on toast in an entree dish, with a sauce-boat of melted butter

#### HOW TO PREPARE AND SERVE ASPARAGUS





1—Place the scrubbed and dried potatoes on the oven rack and bake for 40 to 60 minutes at 350° F



2 — When cooked, make a deep cross cut on the top of each potato and press until it bursts open



3 — Shake in salt, pepper and a little paprika

4 — Put a small lump of butter on top of each potato before serving



THE BEST WAY TO SERVE BAKED POTATOES

# SALADS

**TO MAKE A PERFECT SALAD.**—Wash all fresh vegetables such as cabbage, celery, chicory, endive, lettuce, sorrel, and watercress in clean cold water to crisp them up, then dry carefully and lightly on a clean cloth. Better still to hang them up to dry in a wire salad basket, and after they have drained well in the air, lightly dry on cloth. They can be tossed in cloth, but *on no account must they be pressed.*

## UTENSILS REQUIRED :

1 <i>Mayonnaise Mixer.</i>	<i>Salad Bowl.</i>
<i>Salad Basket.</i>	1 <i>set Measuring Spoons.</i>
1 <i>set Horn Salad Spoons.</i>	1 <i>Measuring Cup.</i>

## HINTS FOR MAKING SALAD

1. See that vegetables and greens are crisp and dry.
2. Keep all ingredients of salad entirely apart till ready to prepare salad.
3. Shred vegetables with your fingers, and chop herbs, and any ingredients when necessary, with a silver or stainless knife.
4. Do not mix salad till just before it is required.
5. All ingredients should be very cold, and serving plates should be chilled.
6. Always pour boiling water over your tomatoes, let them stand for a moment or two, then peel, and chill before using in salads.
7. If celery is unobtainable and the flavour of celery is desired in the salad, substitute the firm white heart of a young cabbage finely shredded and sprinkled with celery salt, for celery.
8. Should fish or meat be wanted for the salad, moisten with French dressing, and stand for at least 45 minutes in a cool place, then drain, and use mayonnaise, or whatever dressing is suggested. Divide fish into flakes and cut meat into cubes.

## SUGGESTIONS FOR SAVOURY SALADS

1. Heart of cabbage, finely shredded, and mixed with equal quantity of chopped celery, and chopped fresh green or red peppers, cut into short "matches," and moistened mayonnaise. Serve in lemon or orange shells.
2. Cold boiled cauliflower, broken into sprigs, moistened

mayonnaise. Served in dish lined with cress, lettuce or curly endive.

3. Cooked or tinned asparagus tips, moistened mayonnaise, served in tomato, or red pepper "cups."

4. Sliced peeled tomatoes, peeled, chilled, moistened French dressing, sprinkled minced onions, chives or parsley.

5. Sliced boiled beetroot, chilled, prepared like tomatoes.

6. Sliced peeled cucumber, moistened French dressing, and sprinkled with grated shallots, minced parsley and paprika to taste.

7. Small, peeled, chilled tomatoes, served on individual salad plates, lined with crisp lettuce or endive leaves. Each masked with spoonful mayonnaise, and sprinkled with chopped walnuts.

#### TO SERVE SALADS

**RAW GREEN SALAD.**—Serve with roast game, poultry, hot or cold, cheese, or as bed for an egg, fish or meat mayonnaise.

**FISH, MEAT, POULTRY SALAD.**—As a main course at lunch or supper, or as one course at dinner on a hot day.

**EGG OR PRAWN MAYONNAISE.**—Serve as a first course at lunch or supper.

1. Salads can be served in bowls, or on individual salad plates lined with lettuce, curly endive, corn salad, watercress, mustard and cress, or sorrel.

2. Serve in tomatoes, with a slice removed from the stalk end, the pulp scooped out, and the inside sprinkled with pepper and salt, and inverted for 1 hour before using.

3. Serve in pimento cups, sold in tins.

4. In hollowed out, boiled beetroots of equal size.

5. In hollowed out, boiled turnips of equal size.

6. In orange, lemon, and grapefruit shells.

7. When arranging salads, see that the leaves do not encroach on the rim of the salad dish.

#### TO BUY SALADS

Allow  $1\frac{1}{2}$  bunches, or 2 small bunches of watercress for 6 persons, a small bunch of spring onions between 2, and  $1\frac{1}{2}$  pounds of tomatoes for 6 persons, and a large lettuce for 4 persons.

#### TO GARNISH SALADS

1. Decorate green salads with cooked beetroot or carrots, fresh or tinned pimentos, or green peppers, cut with vegetable cutters, or sliced hard-boiled egg, or sliced stuffed

olives, or French celery, radish roses, or small pickled onions.

2. Decorate a mayonnaise or a salad moistened with cooked dressing, with sliced hard-boiled eggs, or sieved egg yolks and chopped egg whites, pickled nasturtium seeds, capers, sliced stuffed olives, gherkins cut into fans, nasturtium leaves and flowers, thin fluted slices of cucumber, or mustard and cress.

#### ACCOMPANIMENTS FOR A SALAD

If a salad is to be the main course, such as a mixed salad or a mayonnaise, serve with toast, bread and butter, cheese straws, strips of bread or unsweetened ice wafers thinly buttered, sprinkled with grated Parmesan, and crisped in oven. Rolls and butter, or hot brioches and butter also make a good accompaniment to any savoury salad.

## SALAD DRESSINGS

#### TO PREPARE DRESSINGS

Allow for 6 persons 3 tablespoons of the finest salad oil, stir into it salt, paprika, and a dash of sugar, if liked, to taste.  $\frac{1}{2}$  teaspoon French mustard can also be added if wanted. Stir well together, pour over salad, and toss salad and the dressing either with the hands or with a salad spoon. Then stir in a tablespoon of vinegar, pure malt, or tarragon, or a mixture of vinegars, and toss salad again.

#### ORLEANS FRENCH DRESSING

Stir  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon paprika, in 4 tablespoons olive oil. When well mixed, stir in  $1\frac{1}{2}$  tablespoons Orleans vinegar, and 1 teaspoon tarragon vinegar. Mix well and use for green salads, tomatoes and beetroot.

#### FRENCH SALAD CREAM

For fish and Russian salads. Beat 1 cup cream till smooth and thick, then mix together in a basin 2 tablespoons vinegar, 1 tablespoon sugar, 2 tablespoons lemon juice, 1 teaspoon French mustard, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper and a dash of paprika, and beat into the cream. Tomato catsup or Worcester sauce can be used to flavour this dressing when so desired.

#### SIMPLE FRENCH DRESSING

Mix 1 teaspoon salt with  $\frac{1}{4}$  teaspoon pepper,  $\frac{1}{2}$  teaspoon castor sugar, then add  $\frac{1}{2}$  cup salad oil, and 2 or 3 tablespoons

vinegar or lemon juice to taste. Beat well with a wooden spoon or whisk or shake in a cocktail shaker. Use ice cold with any green salad, making just enough to moisten salad, after washing and drying it.

TO VARY ABOVE DRESSING.—Add  $\frac{1}{2}$  teaspoon curry powder and  $\frac{1}{2}$  teaspoon Worcester sauce or Yorkshire relish, or flavour with garlic or onion salt, Chilli sauce, French mustard, celery salt, and paprika to taste. You can also add 1 heaped teaspoon minced parsley or chives, 1 level teaspoon minced capers, pimento or olive, or simply 1 teaspoon paprika.

### TO MAKE A RUSSIAN DRESSING

Add to 1 cup mayonnaise,  $\frac{1}{2}$  cup tomato catsup, 1 tablespoon lemon juice and  $\frac{1}{2}$  teaspoon Yorkshire relish.

### SALAD DRESSING TO KEEP

2 tablespoons Butter or	$1\frac{1}{2}$ tablespoons Flour.
Margarine.	1 teaspoon Ground Mustard.
3 Egg Yolks.	1 tablespoon Salt.
1 tablespoon Castor Sugar.	1 cup Vinegar.
1 cup Milk.	1 teaspoon Paprika.

Melt the butter, then add the flour. Gradually add the milk, and cook until mixture thickens, stirring constantly. Mix together the egg yolks and seasonings, then stir in the hot vinegar, and cook, stirring constantly until thick. Mix all well together, and when cold, thin with a little cream as required. This dressing will keep one week if stored in a cool place. All salad dressings should be served ice cold.

### EMERGENCY MAYONNAISE

2 Egg Yolks.	1 teaspoon Salt.
1 teaspoon Mustard.	$\frac{1}{2}$ teaspoon Paprika.
2 tablespoons Vinegar.	1 cup Salad Oil.
1 tablespoon Butter.	2 tablespoons Flour.
1 cup Cold Water.	

Put the egg yolks, mustard, vinegar, salt, paprika, and oil into a basin. Melt the butter, then add the flour, and gradually stir in the cold water. Cook until mixture is thick, stirring constantly, then pour into the egg mixture, and beat thoroughly until smooth and thick.

### ORANGE DRESSING (for Duck)

2 cups Oil.	$1\frac{1}{2}$ Lemons.
$1\frac{1}{2}$ large Oranges.	$\frac{1}{2}$ cup Icing Sugar.
$\frac{1}{2}$ clove Garlic.	$\frac{1}{2}$ cup Tarragon Vinegar.
$\frac{1}{2}$ tablespoon Worcester Sauce.	$\frac{1}{2}$ tablespoon Mustard.
$\frac{1}{2}$ tablespoon each Salt, Paprika.	

Place orange and lemon juice and all other ingredients omitting garlic, if liked, in a large bowl. Beat well with an egg beater or mix by shaking in a tightly covered fruit jar. Use with green salad for serving with duck.

### SOUR CREAM DRESSING

- |                            |                            |
|----------------------------|----------------------------|
| 1 cup Sour Cream.          | 1 teaspoon Salt.           |
| 2 tablespoons Lemon Juice. | 2 tablespoons Vinegar.     |
| 1 tablespoon Castor Sugar. | 1 dash Cayenne or Paprika. |
| 1 teaspoon Mustard.        | Onion Juice or Catsup.     |

Beat the cream until thick and light, then gradually beat into it the salt, paprika or cayenne, lemon juice, vinegar, mustard and sugar. Season to taste with onion juice or tomato catsup.

### YORKSHIRE SALAD DRESSING

- |                          |                           |
|--------------------------|---------------------------|
| 6 tablespoons Salad Oil. | 2 tablespoons Vinegar.    |
| 1 teaspoon Salt.         | 1 teaspoon Tomato Catsup. |
| 1 dash Yorkshire Relish. |                           |

For 6 or 7 persons.—Mix salt, catsup, relish and pepper to taste with vinegar, then stir in the salad oil by degrees. Beat well. Serve with a green salad.

### MAYONNAISE RICH

- |                            |                              |
|----------------------------|------------------------------|
| 2 Egg Yolks.               | 1 teaspoon Salt.             |
| 1 cup Salad Oil.           | 1 tablespoon Icing Sugar (if |
| 1 teaspoon French Mustard. | liked).                      |
| 4 tablespoons Vinegar.     |                              |

Beat the egg yolks till light in a chilled basin over ice. Stir in gradually the amount of sugar given, or sugar to taste, or none at all, salt, mustard, then salad oil, drop by drop. When mixture is quite thick, stir in the vinegar gradually. If wanted light and creamy, add  $\frac{1}{2}$  gill whipped cream, then the flaked meat of lobster, salmon, or other fish when wanted. Decorate with another gill of whipped cream, chopped capers, etc., on top.

### MAYONNAISE, PLAIN

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 Egg.                     | $\frac{1}{2}$ teaspoon Salt.    |
| 1 teaspoon Icing Sugar.    | $\frac{1}{2}$ teaspoon Paprika. |
| 2 cups Salad Oil.          | 1 tablespoon Vinegar.           |
| 2 tablespoons Lemon Juice. |                                 |

Beat egg yolks slightly in a basin, then stir in the paprika, salt, sugar and  $\frac{1}{2}$  teaspoon dry mustard, if wanted. When well mixed, stir in half the vinegar and lemon juice, using

## THOUSAND ISLAND DRESSING

- |                                  |  |
|----------------------------------|--|
| 1 cup Mayonnaise.                | 2 tablespoons Chopped Pimento.           |
| 1 tablespoon Minced Chives.      | 1 teaspoon Minced Parsley.               |
| 1 minced Hard-boiled Egg.        | 1 tablespoon Minced Capers.              |
| 2 tablespoons Chilli Sauce.      | $\frac{1}{2}$ teaspoon Yorkshire Relish. |
| $\frac{1}{2}$ cup Whipped Cream. |  |

Mix all ingredients gradually into a cream. Serve ice cold with a green salad, or with a vegetable salad.

## SAVOURY SALADS

### ASPARAGUS SALAD

- |                              |                                  |
|------------------------------|----------------------------------|
| $\frac{1}{2}$ cup Cream.     | $\frac{1}{2}$ cup Tomato Catsup. |
| $\frac{1}{4}$ teaspoon Salt. | 2 teaspoons Lemon Juice.         |
| 30 Asparagus Tips.           | 1 tablespoon Chopped Parsley.    |

*For 4 persons.*—Stir catsup, salt and lemon juice lightly into cream. Arrange asparagus tips, allowing from 7 to 10 tips to each person, on individual plates lined with lettuce leaves. Pour mayonnaise or salad cream over the cold cooked tips, and sprinkle with chopped parsley.

### BACON AND POTATO SALAD

- |                      |                             |
|----------------------|-----------------------------|
| 6 Potatoes.          | 3 tablespoons Vinegar.      |
| 4 rashers Bacon.     | 1 tablespoon Chopped Onion. |
| 2 tablespoons Stock. | Paprika, Salt, Pepper.      |

*For 4 persons.*—Boil potatoes. Peel while hot and cut in thin slices. Season with salt, paprika and pepper to taste, and pour over vinegar. Add finely chopped onion. Mix well. Cut bacon into dice and fry till golden in a dry pan. Pour over potato, mixing lightly with two forks. Add stock and serve.

### BANANA AND CABBAGE SALAD

2 cups Chopped Cabbage.		$\frac{1}{2}$ cup Chopped Apples and
2 Bananas.		Walnuts.
$\frac{1}{2}$ cup Salad Dressing.		

*For 6 persons.*—Shred the cabbage, add diced apples, walnuts and finely chopped bananas. Mix lightly with salad dressing, and serve very cold on lettuce leaves, sprinkled with paprika and celery salt. Sometimes I substitute pineapple for the bananas.

### BEAUTY SALAD

$\frac{1}{2}$ cup Young Heart of Cabbage.		1 tablespoon Spring Onions.
$\frac{1}{2}$ cup Young Carrots.		$\frac{1}{2}$ cup Young Spinach.

*For 4 persons.*—Wash and dry all ingredients. Shred to a hair-like fineness the cabbage, and chop it crosswise. Grate the carrots, and chop the spinach and onions as finely as you can. Moisten with Russian dressing, and serve in a glass bowl garnished with slices of hard-boiled egg.

### CABBAGE HEART SALAD

1 quart Shredded Cabbage.		$\frac{1}{2}$ cup Vinegar.
2 Eggs.		$\frac{1}{2}$ cup Cream.
1 teaspoon Salt.		$\frac{1}{2}$ teaspoon Mustard.
1 tablespoon Butter.		Pepper and Sugar to taste.

*For 6 persons.*—Heat vinegar and butter together in the top of a double boiler. Beat eggs in a basin, stir in mustard, salt, a dash of pepper and paprika, and sugar to taste—anything from a teaspoon to a tablespoon. Stir in hot vinegar and butter, return to double boiler, and cook till thick, stirring all the time. Then remove from stove, stir in cream, or half-cream and half-milk, and mix at once with the cabbage. Serve ice cold. Margarine can be substituted for butter.

### CELERY AND POTATO SALAD

1 quart Shred Potatoes.		2 small Onions, finely cut.
1 cup Minced Celery.		1 Pimento.
1 cup Mayonnaise.		1 dessertspoon Chopped Capers.

*For 8 persons.*—Mix the ingredients lightly together, after



chopping pimento, and then lightly mix with the mayonnaise. Garnish with chopped pickles or hard-boiled eggs. When cucumbers are plentiful I sometimes substitute chopped peeled cucumber for the celery.

### CHICKEN SALAD

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 4-lb. Chicken.          | 1 small Onion.                  |
| 8 hard-boiled Eggs.       | 1 cup Whipped Cream.            |
| 4 stalks Celery.          | $\frac{1}{2}$ teaspoon Paprika. |
| Pepper and Salt to taste. | 1 tablespoon Minced Pimento.    |
| 3 stuffed Olives.         | 6 Peppercorns. Mace.            |

For 6 to 8 persons.—Clean and divide chicken into joints. Place in a saucepan with onion, 6 peppercorns, salt to taste, 1 blade mace, and water to cover. Cover and stew till tender. Remove meat from bones when cold, and cut into cubes. Stir in diced celery, diced stuffed olives, minced pimento, and chopped eggs. Moisten with French dressing, then stir in paprika, and stand in a refrigerator or larder for 1 hour, or until perfectly chilled. When required, drain well, and stir in whipped cream flavoured with mayonnaise.

TO MAKE A VERY SIMPLE CHICKEN SALAD.—Moisten chicken and celery, using half as much celery as chicken, and 1 teaspoon minced onion with French dressing. Chill as above, drain, and moisten with mayonnaise.

#### TO SERVE CHICKEN SALAD

1. Serve in a large salad bowl or in individual salad plates lined with heart of lettuce leaves, or curly endive. Decorate with minced chives, sliced stuffed olives, or a criss-cross all over pattern of tiny strips of pimento.

2. Mould individual portions of salad in individual cups or dariole moulds thinly lined with lemon or tomato jelly, and decorated with green peas.

3. Pile individual portions of chicken salad into cups or moulds brushed with mayonnaise. Stand in a refrigerator till ice cold, then serve each on individual plate set in a heart of lettuce leaves, arranged so that the leaves curl round and it looks like a bud of chicken salad. Mould the top of the salad with butter pats.

### CRAB AND VEGETABLE SALAD

- |                                    |   |                            |
|------------------------------------|---|----------------------------|
| 1 $\frac{1}{2}$ cups Diced Celery. | } | 2 cups Grated Raw Carrots. |
| 2 cups Flaked Crab.                |   | 1 cup Diced Cucumber.      |
| Salt, Pepper.                      |   | French Dressing.           |

For 4 persons.—Mix carrot, celery, cucumber and crab.

Season with salt and pepper, and moisten with French dressing. Serve on lettuce leaves garnished with pimiento rings, and mayonnaise.

### JAPANESE CRAB SALAD

1 glass Crab.	Paprika.	$\frac{1}{2}$ cup Mayonnaise.
1 cup Blanched Almonds.		1 cup Whipped Cream.
4 hard-boiled Eggs.		

*For 4 persons.*—Blanch and slice the almonds lengthwise. Chop the egg whites roughly, and mix with the almonds. Pick over the crab meat, removing all bits of shell, and mix with the other ingredients. Then add the mayonnaise and the whipped cream. Put the egg yolks through a sieve and after the salad is arranged in lettuce nests, cover with the egg yolks and sprinkle with paprika.

### CREAM CHEESE SALAD

$\frac{1}{2}$ cup Thick Cream.	$\frac{1}{2}$ cup Grated Cheese.
2 tablespoons Gelatine.	$\frac{1}{2}$ cup Chopped Pimientos.
$\frac{1}{2}$ cup Boiling Water.	$\frac{1}{4}$ teaspoon Dry Mustard.
$\frac{1}{2}$ cup Chopped Onions and Olives.	

*For 4 persons.*—Soak gelatine in  $\frac{1}{2}$  cup cold water for 5 minutes, then add boiling water and stir until dissolved. Stand till cool. When beginning to set add mustard, cheese, pimientos, olives, and pepper and salt to taste. Beat cream until stiff and fold into the gelatine carefully. Then pour into small brick mould, wetting with cold water before using. Set in cold place for several hours. When ready to serve turn out on to a dish lined with lettuce leaves. Serve with mayonnaise.

### ROQUEFORT SALAD

$\frac{1}{2}$ cup French Dressing.	$\frac{1}{2}$ cup Crumbled Roquefort
2 Lettuce Hearts.	Cheese.

*For 6 persons.*—Stir the French dressing and the cheese together; blend till smooth. Toss crisp, divided lettuce hearts in dressing. Serve ice cold as a separate salad, or with cold pork or veal.

### CUCUMBER AND POTATO SALAD

2 cups Cubed Potatoes.	$\frac{1}{2}$ cup Chopped Cucumber.
1 tablespoon Chopped Onion.	2 hard-boiled Eggs.
$\frac{3}{4}$ cup Mayonnaise.	$\frac{1}{2}$ cup Fried and Diced Bacon.

*For 4 persons.*—Potatoes should be boiled or steamed and well seasoned in cooking. Slice thick or thin, across or lengthwise, or cubes  $\frac{1}{2}$  to  $\frac{3}{4}$  inch. Mix with onion, cucumber,

bacon and mayonnaise. Serve in a salad bowl, decorated with sliced eggs.

### ITALIAN SALAD

- |   |   |
|---|---|
| 1 pint cold Cooked Macaroni.              | 2 heaped tablespoons Minced Onion.                |
| $\frac{1}{2}$ pint Cooked or Tinned Peas. |   |
| $\frac{1}{2}$ pint Grated Raw Carrot.     | $\frac{1}{2}$ pint Cooked or Tinned String Beans. |
| French Dressing to moisten.               |   |

*For 6 persons.*—Mix the chopped macaroni and vegetables together. Moisten with French dressing, flavour with garlic, if liked. Serve on a dish lined with lettuce leaves. Decorate with mayonnaise and minced pimento or chives.

### MIMOSA SALAD

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 6 hard-boiled Eggs, cut in dice. | 1 Chopped Pimento.                   |
| 2 cups cold Boiled Rice.         | $\frac{1}{2}$ teaspoon Grated Onion. |
| 1 cup Diced Cooked Beets.        | Lettuce Leaves.                      |
| Mayonnaise.                      | Seasoning.                           |

*For 6 persons.*—Mix the rice, eggs, beets, pimento and onion together. Season lightly with pepper, salt, celery salt, and paprika, then mix, toss up just as lightly with plenty of thick mayonnaise. Serve on lettuce leaves accompanied by hot cheese straws.

### SALADE NINETTE

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| $\frac{1}{2}$ teaspoon Salt.         | 1 tablespoon Chopped Chives.          |
| $\frac{1}{4}$ teaspoon White Pepper. | $\frac{1}{2}$ tablespoon Lemon Juice. |
| 1 $\frac{1}{2}$ tablespoons Vinegar. | 3 or 4 tablespoons Olive Oil.         |
| Hearts of Lettuce.                   |                                       |

*For 3 or 4 persons.*—Mix dressing ingredients in order given. Stir with a wooden spoon till well blended. Serve ice cold over quartered lettuce hearts.

### ORANGE AND MINT SALAD

- |                            |                             |
|----------------------------|-----------------------------|
| 3 tabl spoons Minced Mint. | 6 Oranges.                  |
| $\frac{1}{2}$ Lemon.       | 2 tablespoons Castor Sugar. |

*For 6 persons.*—Halve oranges and remove pulp carefully with a pointed spoon. Place in a basin together with all juice. Stir in the lemon juice, sugar and mint. Chill. Serve with lamb, duck, or cold meat, in one of the following ways:

1. In vandyked orange shells, each arranged on a plate lined with lettuce leaves or cress.

2. In a salad bowl lined with cress or lettuce, or on individual plates lined with cress or lettuce or curly endive, or alone.

**HAMBURG POTATO SALAD**

6 Potatoes.  
2 slices Bacon.

1 Onion.  
3 tablespoons Vinegar.

Salt and Pepper.

*For 3 or 4 persons.*—Boil potatoes in their jackets, peel while hot, slice thinly, and add to onion, finely cut. Cut bacon into squares, fry till nicely browned, and mix with potatoes. Place vinegar in a frying pan, heat to boiling point, then pour over potatoes and bacon. Season to taste with salt and pepper. Mix thoroughly, and place in a warm oven for 10 minutes to blend flavours. Cool before serving.

**PIMENTO AND POTATO SALAD**

4 large Cold Boiled Potatoes.  
3 tablespoons Vinegar.  
6 tablespoons Olive Oil.  
1 teaspoon Salt. Pepper.

2 Hard-boiled Eggs.  
1 large Onion.  
4 sprigs Parsley.  
2 tablespoons Minced Pimento.

*For 4 persons.*—Dice or slice potatoes. Mince onion very finely, then mix with potatoes. Put the oil in a small bowl, gradually add salt and pepper to taste and mix well. Add vinegar, stirring constantly. A dash of mustard may be added, if liked. Pour dressing over potatoes, pimento and onion, then mix well, turning gently over and over so as not to mash potatoes. Place in a cold dish or salad bowl, sprinkle with chopped parsley all over and serve. In the winter time add  $\frac{1}{2}$  cup minced celery, and in the summer time  $\frac{1}{2}$  cup diced cucumber.

**PRAWN SALAD**

2 pints Prawns.  
Pepper and Salt.

1 head Lettuce.  
Mayonnaise.

*For 4 or 5 persons.*—Shell prawns. Season well with pepper and salt. Shred some lettuce and season well. Place a layer of prawn, then a layer of lettuce in a dish, then spread all over with mayonnaise. Garnish with sliced hard-boiled egg, sliced beetroot and lettuce tips. Chill and serve.

**RICE AND SHRIMP SALAD**

$\frac{1}{2}$  lb. Carolina Rice.  
1 gill Picked Shrimps.  
1 tablespoon Vinegar.  
Salt and Pepper.

2 Hard-boiled Eggs.  
1 Lettuce.  
3 tablespoons Salad Oil.  
Chopped Parsley.

*For 2 or 3 persons.*—Cook rice in fast-boiling, salted water, as you would for curry. When done, drain, dry and let it get cold. Mix rice and shrimps together in a basin. Pour

over oil mixed with vinegar. Mix well, and pile up in a salad bowl. Sprinkle with chopped parsley.

### SALMON MAYONNAISE

*Cold Salmon.*

*2 Hard-boiled Eggs.*

*4 small Lettuces.*

*Potato Salad.*

*Beetroot. Cucumber.*

*Mayonnaise.*

Quarter, wash and dry lettuces. Remove hearts and arrange other leaves on a dish. Cut salmon into two-inch squares and place some in a circle in the centre of the lettuce leaves. Coat thickly with mayonnaise. Pile salmon in layers to form a pyramid, coating each layer with mayonnaise. Top with a heart of lettuce. Arrange remainder of lettuce around the base alternately with potato salad, sliced cucumber, hard-boiled egg and beetroot. Turbot, lobster, and other cooked fish can be served in this way.

### STUFFED TOMATOES

*4 Tomatoes.*

*2 tablespoons Vinegar.*

*½ cup Chopped Walnuts.*

*French Dressing.*

*1 small Cucumber.*

*½ teaspoon Salt.*

*Asparagus Tips.*

*Pimento. Celery Salt.*

Remove the skins from firm tomatoes and scoop out the insides, then peel and dice the cucumber. Sprinkle with vinegar and salt, and stand for 1 hour or more. Drain well, and use part of the vinegar liquid equally divided in each tomato shell. Mix the cucumber with the nuts, and fill tomatoes with the mixture. Serve on crisp lettuce leaves.

### SWEET SALADS

#### TO PREPARE FRUIT SALAD

Use ripe, sound fruit, or a good brand of tinned fruit, or a combination of tinned and ripe fresh fruit, or tinned and stewed dried fruit. Remove all stones and crack one or two, and add the kernels to salad to improve flavour. Cut any fruit with a silver knife. *On no account use a steel one.* Prepare 2 hours before salad is wanted so that the flavours are well blended. Serve ice cold.

#### SYRUP FOR FRUIT SALAD

*½ pint Tinned Fruit Syrup.*

*½ lb. Lump Sugar.*

*2 teaspoons Maraschino (if liked).*

*Juice of ½ Lemon.*

Rub sugar lumps on lemon rind till sugar is yellow. Place sugar and syrup in a clean saucepan, and boil quickly,

uncovered for 5 minutes, or until the syrup forms a thin thread between the finger and thumb. Strain syrup, and when cold add strained lemon juice and maraschino, and pour over prepared fruits.

### AMBER CREAM FOR FRUIT SALAD

$\frac{1}{2}$ gill Orange or Tangerine Juice.	$\frac{1}{2}$ gill Pineapple Juice.
$\frac{1}{2}$ gill Grapefruit Juice.	$\frac{1}{2}$ gill Lemon Juice.
2 Eggs. $\frac{1}{2}$ gill Cream.	$\frac{1}{2}$ gill Castor Sugar.

Strain the fruit juices into the top of a double boiler, with water boiling in the pan below. Beat eggs and sugar together till light and foamy, then stir into the hot fruit juice and cook until the mixture coats the spoon like custard. Remove pan from boiling water, and place in a pan of cold water and beat till smooth. Chill, then fold in whipped cream, and chill again before using.

### WINE DRESSING FOR FRUIT SALAD

$\frac{1}{2}$ cup Castor Sugar.	$\frac{1}{2}$ cup Sherry.
2 tablespoons Madeira or Marsala.	

Mix all together, stand till sugar is dissolved, stirring occasionally, then pour over a bowl of sliced fruit, such as bananas and mandarin fingers, or grapes, bananas and pineapple. Stand 1 hour.

### ANY FRESH FRUIT SALAD

2 lb. Fresh Fruit.	$\frac{1}{2}$ lb. Loaf Sugar.
1 gill Water.	

*For 6 persons.*—Dissolve sugar in water. Boil 5 or 6 minutes to a syrup, skimming in the meantime. Add fresh fruit, and simmer till tender, but not broken. Serve with whipped cream, sweetened and flavoured with vanilla essence, or with Devonshire cream.

### HARLEQUIN SALAD

$\frac{1}{2}$ pint Red Currant Juice.	$\frac{1}{2}$ lb. Grapes.
Juice of 1 Orange.	$\frac{1}{2}$ lb. Loaf Sugar.
$\frac{1}{2}$ lb. Cherries. Lemon Rind.	1 handful each of Strawberries
$\frac{1}{2}$ tin Peaches. Maraschino.	and Raspberries.
Juice of $\frac{1}{2}$ tin Peaches.	

*For 6 persons.*—Make a syrup by boiling the red currant juice with sugar and thinly pared lemon rind, till it spins like a thread. Add the peach and orange juice, then strain and flavour with maraschino to taste. Skin and stone grapes,

and stone cherries. Pile all into a glass dish. Add strawberries and peaches. Pour over syrup and serve with whipped cream, sweetened and flavoured with vanilla and delicately tinted pink with cochineal.

### SUMMER FRUIT SALAD

1 *Cape Pineapple.* | 1 *lb. Strawberries.*  
2 *Bananas.*

*For 6 persons.*—Pare pineapple, and remove eyes with a stainless knife. Pull flesh in chunks from the hard centre with a silver fork, and be sure to catch all the juice in the salad bowl. Sprinkle with 2 or 3 tablespoons castor sugar. Stand 4 or 5 hours in a refrigerator or cool larder until sugar is dissolved. When salad is required, add hulled berries, and thinly sliced banana. Serve with whipped cream or dressing.

If a fancy salad is wanted, slice pineapple after paring and sweetening and chilling as above, and removing hard centre, place overlapping thin slices of banana round each slice, and pile up with strawberries. If preferred, you can substitute halved seeded muscatel grapes for the banana.

### WINTER FRUIT SALAD

1 *tin Mandarin Oranges.* 6 *small Bananas.*  
1 *large Pear.* 2 *Peaches.*  
*Juice of half Lemon.* 4 *Chopped Dates.*

*For 6 persons.*—Cut peeled pear and peaches into small pieces, and mix with sliced bananas, oranges and orange juice, dates and strained lemon juice. Serve ice cold. You can add a little sugar syrup to taste, made from boiling  $\frac{1}{2}$  pint of water and  $\frac{1}{2}$  cup of sugar together till syrupy, but this is not really necessary. Salad is improved by 1 liqueur glass of Maraschino, Kirsch or Grand Marnier.

## DESSERTS

Very few of us pay enough attention to the dessert course. It should be the delicate finish to a perfect meal. In France, I always love the tempting baskets of fruit in which the tiniest of black and green grapes and peaches are usually most prominent. In North Africa, I like the dessert course best of all, for there you are offered baskets of mandarins with the delicate foliage clinging to the stalks, accompanied by dishes of dates, and figs which never taste the same this side the Gulf of Lyons. If you would make the dessert course

more attractive, do not serve a conglomeration of every fruit in season every time you have dessert. Alternate some of the following ideas—of course, depending on the season :

1. Mandarins, dates and figs.
2. Green and black grapes and pears.
3. Apples and oranges, and green figs (when in season).
4. Bananas, naartjes, and Cape nectarines.
5. Peaches. 6. Cherries.

TO VARY SERVICE.—(1) Serve dishes of English and Cape plums when in season with any of the above. (2) Serve dishes of walnuts, cob nuts, filberts, Brazils, almonds, or mixed nuts when in season with any of the above. At Christmas stuff dates, and large prunes, after stoning, with whipped cream, chopped walnut and preserved ginger, mixed with icing sugar moistened with ginger syrup and a little lemon juice, or with marzipan, and serve alternately with Karlsbad and Elvas plums, in a dish lined with a lace paper d'oyley, as an accompaniment to dessert.

SERVICE OF BERRIES.—If you want to serve berries in preference to fruit salad, the simplest way is to hull and pile them up in crystal bowls, either lined with their own foliage, or vine leaves, maidenhair fern or scented geranium.

ACCOMPANIMENTS.—Sugar and thick Devonshire cream.

SERVICE OF CHERRIES, CURRANTS AND GRAPES.—Leave on their stalks. Serve like berries, but alone.

SERVICE OF NECTARINES AND PEACHES.—Arrange in a fruit basket alone or together, prepared as for berries. If wanted as a substitute for fruit salad, peel, stone and slice, sprinkle with a little lemon juice and castor sugar. Stand for 2 hours in a cool place. Serve with cream.

SERVICE OF PLUMS. In a dish lined with their leaves.

SERVICE OF BANANAS, APPLES, ORANGES AND PEARS.—Serve by themselves or assorted in a dish lined with vine, begonia, or geranium leaves.

SERVICE OF MELON.—Serve well iced, standing in a dish lined with vine leaves. To simplify serving, halve melons, remove seeds, and fill hollows with cracked ice, or with ice cream. Serve with castor sugar, or equal quantity of icing sugar and ground cinnamon.



# PASTRY

If housewives took greater care over the making of their pastry, there would not be half so many failures as there are.

## HINTS FOR MAKING LIGHT PASTRY

1. The cooler the conditions when making pastry, the lighter the pastry.

2. The less liquid and the more fat you put in short-crust, the shorter it will be.

3. Always roll out pastry on a lightly floured pastry board, using a lightly floured rolling-pin, and rolling as lightly as possible.

4. Before putting a cover on a pie or tart, brush the edges with a pastry brush dipped in cold water all the way round, then put on the pastry cover and press lightly round the edges before trimming them evenly.

5. Make an opening in the centre of pies or tarts to allow the steam to escape.

6. Bake pastry in a quick oven, from 375 to 400 degrees Fahr., reducing temperature after pastry has risen, to 375 degrees.

7. When making pastry cases for cooked or fresh fruit fillings, etc., prick bottom of crust full of holes with a fork to allow steam to escape while baking.

8. Should the pastry be soft after it is made, wrap it in paper and set in a cool place to firm before rolling out for baking purposes. It will benefit from being left on ice all night.

9. Use as little flour as possible when rolling paste, and let each stroke of your rolling-pin be as light and even as you can make it.

## UTENSILS FOR MAKING PASTRY

*Rolling-pin with firm handles,  
preferably of glass.*

*Pastry Board.*

*Flour Dredger.*

*Marble or Slate Slab, or Porcelain-  
topped Table.*

*Mixing Basins. Knife.*

*Flour Sieve. Wooden Spoon.*

## TO GLAZE PASTRY

**FRUIT PIES AND TARTS** Brush with beaten white of egg or water, and dredge with castor sugar when pastry is half-cooked.

**MEAT PIES AND PATTIES.**—Beat up the whole of an egg,



1 -Collect all the ingredients before beginning to make the pastry (See Pastry Section)

2 - First sift the flour mixed with the baking powder into a basin



3 -Roll the pastry thinly into an oval on a lightly floured board

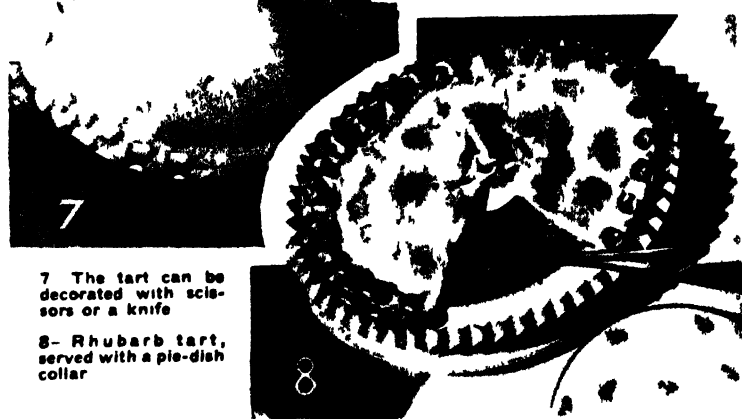
4 -Cut out the pastry cover to fit the dish.





5- Half fill with prepared rhubarb and sprinkle with castor sugar, after fixing a strip of pastry on the wet pie-dish rim

6 When the rest of the fruit has been added brush the pastry rim with cold water before fitting on the cover



7 The tart can be decorated with scissors or a knife

8- Rhubarb tart, served with a pie-dish collar

and brush the pastry over with it, being careful not to glaze the edges or the pastry will not rise.

### FLAKY PASTRY

$\frac{1}{2}$ lb. Flour		3 oz. Butter.
4 oz. Lard.	Water.	Pinch of Salt.

Sift flour and salt into a basin, lightly rub in butter with the tips of the fingers, and mix to a stiff paste with ice-cold water. Put lard on a well-floured pastry board, and lightly press it out into thin flakes with a rolling-pin, then roll out pastry to a square shape. Cover with lard, and fold pastry sides to centre, both ways, then over in half. Fold again in eight. Roll out and use as required.

### SHORT CRUST

1 lb. Flour.	6 oz. Butter.
4½ oz. Castor Sugar.	1 Egg.
1 pinch Salt.	$\frac{3}{4}$ cup Water.

Sift flour and salt into a basin. Lightly rub butter in with tips of fingers. Make a hollow in centre with a wooden spoon, add water and egg, and quickly mix into a light ball of dough. Crush it down twice with the palm of your hand, and stand for 50 minutes in a cold place before using.

### SPICED SHORT CRUST

1 lb. Flour.	$\frac{3}{4}$ lb. Butter.
2 Egg Yolks.	1 tablespoon Castor Sugar.
1 teaspoon Baking Powder.	1 teaspoon Ground Cinnamon.

Rub butter lightly into the flour, sifted with the cinnamon, then add the baking powder, sugar, yolks of eggs, and, if necessary, a little water. The paste should be rather stiff. Roll mixture out thinly on a floured board and use as required.

For a PLAINER SHORT CRUST, use only 3 ounces lard to 8 ounces flour, 1 teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt and a gill water.

### RICH SHORT CRUST FOR TARTS

1 lb. Flour.	$\frac{3}{4}$ lb. Butter.
Pinch of Salt.	Yolk of Egg.
$\frac{3}{4}$ cup Cold Water.	

Sift flour and salt into a basin. Lightly rub butter in with tips of fingers. Make a hollow in centre with a wooden spoon, add water and egg, and quickly mix into a light ball of dough. Crush it down twice with the palm of your hand, and stand for 50 minutes in a cold place before using.

## CREAM PIE CRUST

1 pint Flour.  
Salt.

1 teaspoon Baking Powder.  
Sweet Cream.

Sift flour with pinch of salt and baking powder into a basin. Moisten to a dough just stiff enough to roll out with sweet cream. Knead lightly till smooth, roll out quickly, and use for both a top and bottom pie crust if wanted.

## FARMER'S PIE CRUST

1 pint Flour.  
 $\frac{1}{2}$  cup Butter.

1 teaspoon Baking Soda.  
1 teaspoon Salt.

Buttermilk.

(As made in Saskatchewan)

Sift flour, soda, and salt together into a basin. Lightly rub in butter with tips of fingers. Mix to a light dough with buttermilk. Roll and use as usual.

## PRAIRIE PASTRY

1 quart Flour.

$\frac{1}{2}$  teacup Lard.

1 teacup Ice-cold Water.

1 teaspoon Salt.

Sift flour and salt into a basin. Rub lard quickly into flour with tips of fingers, then stir in a little water at a time till pastry is moist. It usually takes just about the cupful mentioned. Knead quickly into a loaf. Roll it out in a sheet, and roll up. Stand aside till cold before using.

## PUFF PASTRY

2 oz. Butter.

2 oz. Flour.

Pinch of Salt.

Squeeze of Lemon Juice.

Wash the butter, then squeeze out water by wringing it in a kitchen cloth. Pat it into a square  $\frac{1}{2}$  an inch thick. Sieve the flour, add pinch of salt, and mix to same consistency as butter with cold water to which you have added a good squeeze of lemon juice. Roll out pastry on a floured board to three times the size of butter. Put butter in centre, fold, and roll up twice. Repeat method until you have done so seven times for pastry intended for patties, and six times for pastry intended for large pies. Use as required.

## AMERICAN ROUGH PUFF PASTRY

$\frac{1}{2}$  lb. Flour.

5 oz. Butter.

1 teaspoon Lemon Juice.

Yolk of 1 Egg.

Cold Water.

Pinch of Salt.

Sieve flour into a basin, and press butter in a clean towel to remove any water. Now roll butter out in thin sheets on a floured board. Then add to the flour in the basin a pinch of salt, 1 teaspoon lemon juice, the yolk of 1 egg and as much of a gill of cold water, as is required to make a soft, dry dough. Turn dough out on floured pastry board, and roll into long strip, cover two-thirds of strip with strips of butter, fold pastry in three, turn half-round, seal edges, and repeat method until all butter is rolled in, then roll out at once, and use as required, being sure to bake as soon as possible in a very hot oven.

## SWEET PIES, CHEESECAKES, TARTS, ETC.

### BACKWOODS PIE

1 cup Brown Sugar.

$\frac{1}{2}$  cup Milk.

$\frac{1}{2}$  Nutmeg, grated.

1 cup Syrup.

3 Egg Yolks.

3 Egg Whites.

*Butter the size of an egg.*

*For 6 persons.*—Beat sugar and syrup together in a basin. The prairie housewives generally use maple syrup. Mix in milk, beaten yolks of eggs and grated nutmeg. Lastly add the stiffly frothed whites of egg, and bake in a pie-dish, rather shallow, lined with crust.

### BAKEWELL TART

$\frac{1}{2}$  lb. Short-crust.

2 oz. Ground Almonds.

2 oz. Butter. 1 Egg.

Raspberry Jam.

2 oz. Castor Sugar.

Almond Essence.

*For 6 persons.*—Cream together the butter and sugar until thick and white. Stir in the egg, add the almonds and almond essence, and beat well. Line a flat dish with the pastry, place a good layer of jam on the bottom and spread the mixture on the top of it. Bake in a quick oven for about  $\frac{1}{2}$  an hour, and serve either hot or cold.

### BANBURY PUFFS

1 oz. Butter.

$\frac{1}{2}$  oz. Flour.

1 tablespoon Brandy.

Pinch of Allspice and Cinnamon.

$\frac{1}{2}$  lb. Cleaned Currants.

$\frac{1}{2}$  oz. Chopped Mixed Peel.

2 oz. Moist Sugar.

Yolk of 1 Egg.

Flaky Pastry.

Melt butter in a saucepan, add the flour, then the brandy, stirring and cooking till thick. Now cool and add currants, peel, sugar, spices and yolk of egg. Then roll out pastry

thinly and spread mixture over half of it. Brush with water and dust with sugar, cut into oblongs and cook on a wet baking tin in a hot oven for 25 minutes, until crisp and brown.

### CHEESECAKES, ALMOND

- |   |                                 |
|---|---------------------------------|
| $\frac{1}{2}$ lb. Ground Sweet Almonds. | 1 grated Lemon Rind.            |
| 2 stiffly-whipped Egg Whites.           | $\frac{1}{2}$ lb. Castor Sugar. |
| 3 drops Essence of Almonds.             | 1 teaspoon Brandy.              |
| $\frac{1}{2}$ oz. Butter.               | 1 tablespoon Thick Cream.       |

Place almonds in a basin. Stir in sugar, grated lemon rind, melted butter, brandy and cream, in order given, then the egg whites. Place a little of the mixture in patty pans, filling them  $\frac{3}{4}$  full, lined with puff or short pastry, and bake in a moderate oven.

### CHEESECAKES, APPLE

- |                            |              |
|----------------------------|--------------|
| $1\frac{1}{2}$ lb. Apples. | 3 oz. Sugar. |
| 1 oz. Butter.              | 2 Eggs.      |
| 1 Lemon.                   | Short-crust. |

Peel, core and slice the apples, then place them in a saucepan with the sugar, and 1 tablespoon cold water. Simmer gently until tender, when press through a sieve. Return pulp to saucepan. Add butter, lemon juice, and finely grated rind. Re-heat, stir in the yolks of 2 eggs, and the white of one, and cook until the mixture thickens. Line some patty pans with short-crust, and partially bake. Fill with apple mixture, cover lightly with stiffly whisked, sweetened white of egg, and bake in a moderate oven for about 15 minutes.

### CHEESECAKES, CROSSWAY

- |                         |                           |
|-------------------------|---------------------------|
| 2 oz. Ground Almonds.   | 2 Eggs. 2 oz. Butter.     |
| 3 drops Almond Essence. | Apricot Jam or Jelly.     |
| 2 oz. Castor Sugar.     | 1 dessertspoon Cornflour. |

Line patty pans with pastry. Prick bottoms with a fork. Put in a teaspoon of apricot jam or jelly in each. Cream butter, stir in sugar, cornflour, 2 egg yolks and one white, then almonds, essence and remaining egg white beaten to a very stiff froth. Half-fill lined patty pans. Decorate with tiny bars of pastry. Brush with white of egg, dust with castor sugar, and bake in a hot oven for 20 minutes.

### CHEESECAKES, IONA

- |                   |                                  |
|-------------------|----------------------------------|
| 2 Eggs.           | $\frac{1}{2}$ oz. Butter.        |
| 8 Alafias.        | 1 gill Cream.                    |
| 1 teaspoon Flour. | 8 teaspoons Castor Sugar.        |
| Raspberry Jam.    | Grated rind $\frac{1}{2}$ Lemon. |

Line buttered patty pans with pastry. Prick, put a teaspoon of raspberry jam in each. Beat flour and cream to a paste, then beat in sugar, crushed ratafias, lemon rind and beaten egg. Put a teaspoon of mixture in each prepared patty pan. Bake in a hot oven for about 20 minutes.

### RHUBARB TART

$\frac{1}{2}$  lb. Flour.  
 $\frac{1}{2}$  lb. Butter.  
 Rhubarb.

Castor Sugar.  
 $\frac{1}{2}$  teaspoon Baking Powder.  
 Cold Water to mix.

*For 4 persons.*—Sift flour with baking powder into a basin. Lightly rub in butter with tips of fingers. Mix to a light dough with cold water. Roll thinly into an oval on a lightly floured board. Cut out pastry cover to fit dish. Half fill pie-dish with prepared rhubarb, sprinkle with castor sugar, then add rest of fruit. Fix strip of pastry on wet pie-dish rim, brush with cold water and fit on cover. Make an opening in centre. Bake in quick oven for 40 minutes.

GOOSEBERRY TART.—Substitute topped and tailed gooseberries for the rhubarb in the above recipe.

### MEXICAN DATE PIE

2 Eggs. Dates.  
 1 cup thick Cream.

1 cup Castor Sugar.  
 1 dessertspoon Cold Water.

*For 4 persons.*—Line a shallow pie-dish or tin, after buttering, with paste. Put a layer of chopped dates at the bottom, then beat the yolks of 2 eggs with the sugar. Stir in cream and pour over the dates. Bake, and when ready beat whites of eggs to a stiff froth with the cold water. Sweeten to taste and spread rockily over. Bake in a cool oven till meringue is lightly browned.

### ECCLES CAKE

$1\frac{1}{2}$  oz. Butter.  
 3 oz. Cleaned Currants.  
 Nutmeg.

$1\frac{1}{2}$  oz. Demerara Sugar.  
 2 oz. Chopped Mixed Peel.  
 Puff Pastry.

Roll puff pastry  $\frac{1}{4}$  inch thick. Cut rounds about the size of a breakfast cup, turn best side down on board, wet edges, place a heaped teaspoon of mixture in centre, bunch up edges, turn bunched side down on board, and roll out till currants just show through pastry. Make a shallow cut down the middle. Brush with water and dredge with sugar. Bake in a quick oven for 20 minutes.



## GERMAN APPLE TART

$1\frac{1}{2}$ lb. Apples.	$1\frac{1}{2}$ teaspoons Ground Cinnamon
$\frac{1}{2}$ lb. Dates.	$\frac{3}{4}$ lb. Flour. 1 Egg.
$\frac{1}{2}$ teacup Milk.	$\frac{1}{4}$ lb. Butter. 2 oz. Castor Sugar.
$\frac{1}{2}$ teaspoon Baking Powder.	$\frac{1}{2}$ lb. Brown Sugar.

*For 6 persons.*—Peel and slice apples. Stone and cut dates into three. Put in a stewpan with  $\frac{1}{4}$  ounce butter and 1 teaspoon cinnamon. Cover and stew till tender. Turn out on a plate to cool. Butter a tart tin or a pie plate. Sift flour, baking powder,  $\frac{1}{2}$  teaspoon cinnamon, and 2 oz. castor sugar together. Lightly rub in butter with tips of the fingers, then make into a dry, rather stiff dough with the beaten yolk of egg, diluted with milk. Divide pastry into three portions. Roll two rounds, one for bottom and one for cover of tart. Then roll a strip an inch wide for the side. Line tart tin, moisten round edge with cold water, then fit strip round. Mould edges together, add fruit filling, cover after brushing edges with water, and bake in a quick oven for  $\frac{3}{4}$  hour. Cool and ice with 6 oz. icing sugar moistened with white of egg.

## LEMON MERINGUE PIE

2 Egg Yolks, 2 Egg Whites.	$\frac{3}{4}$ cup Castor Sugar.
2 tablespoons Flour.	$\frac{1}{4}$ cup Boiling Water.
2 tablespoons Cornflour.	3 tablespoons Lemon Juice.
$\frac{1}{2}$ tablespoon Melted Butter.	Grated Rind of 1 Lemon.
Few grains Salt.	$\frac{1}{2}$ lb. Plain Shortcrust (see p. 243).

*For 6 persons.*—Stir cornflour into sifted flour, add creamed butter and sugar. Add boiling water by degrees, stirring constantly. Cook 2 minutes in double boiler, then stir in egg yolks, rind and strained juice of lemon. Stir till thick, but do not boil. Line a pie plate with pastry, take and fill with cooled lemon cream. Beat egg whites to a stiff froth. Stir in 2 tablespoons sifted icing sugar by degrees, then beat in  $\frac{1}{4}$  teaspoon vanilla essence. Pile on top of pie. Bake 15 minutes in a rather slow oven.

## CANADIAN LEMON PIE

1 cup Sugar.	2 heaped tablespoons Flour.
1 heaped tablespoon Butter.	2 Eggs. 1 cup Milk.
Juice and rind of 1 Lemon.	Pinch of Salt.

*For 4 persons.* Sift sugar and flour together, then add melted butter, salt and beaten yolks of eggs. Beat all to a cream, then stir in the juice and grated rind of lemon, milk, and stiffly beaten whites of the eggs. Bring mixture

into a pie plate lined with pricked short-crust, and bake for about 30 minutes.

### PASTRY SANDWICHES

*Flaky or Puff Pastry.*

*Raspberry or Strawberry Jam.*

*Castor Sugar.*

*Whipped Cream.*

*Egg White.*

Roll some flaky pastry or puff pastry into a thin square sheet. Cut into two long strips, then lay on a baking sheet, and mark lightly into finger lengths. Brush with egg white, and sprinkle with castor sugar. Bake in a quick oven till risen and firm. Cool, cut into finger lengths, and spread one with jam and one with cream. Put together, sift over a little icing sugar, and serve.

### TREACLE TART

$\frac{1}{2}$  lb. Syrup.

2 oz. Breadcrumbs.

6 oz. Short-crust.

1 Lemon.

*For 4 to 6 persons.*—Roll out the pastry to about  $\frac{1}{8}$  inch thickness and line a sandwich tin. Warm the syrup and mix it with the breadcrumbs. Grate in rind and add lemon juice to taste. Spread mixture over the pastry. Bake in a quick oven for about 20 minutes.

### RHUBARB CUSTARD PIE

2 level tablespoons Cornflour.

1 cup Boiling Water.

$\frac{1}{2}$  teaspoon Salt.

1 Egg.

2 tablespoons Cold Water.

2 cups Rhubarb.

1 cup Sugar.

Short-crust.

*For 6 persons.*—Moisten the cornflour with the cold water, then add the boiling water, and cook until it thickens. Add rhubarb, chopped very fine, and stir occasionally till it boils. Cover and allow to cool. Line a deep pie plate with short-crust. Beat the egg until light, and add sugar and salt. Add to rhubarb mixture, and pour into pie plate. Bake until crust is done, for about  $\frac{1}{2}$  an hour. The white of egg will rise on top and brown like custard, so the lighter it is beaten, the better.

### RICHMOND MAIDS OF HONOUR

2 Eggs.

$\frac{1}{2}$  quart Boiling Water.

1 large cup Clotted Cream.

$\frac{1}{2}$  Nutmeg. 6 oz. Currants.

1 quart New Milk.

Yolks of 4 Eggs.

1 Lemon. Cinnamon.

1 glass Brandy.

Beat eggs, mix with milk. Add eggs and milk to the boiling water. Pour in juice of lemon, remove the curd as it rises to a sieve to drain. Mix drained curd with yolks of eggs well beaten, a large cup of clotted cream, the rind of lemon rubbed off on sugar, a little grated cinnamon, grated nutmeg, washed and dried currants, and a glass of brandy. Mix well, and bake mixture in patty pans, buttered and lined with puff pastry for about 20 minutes.

### GOOSEBERRY FLAN

$\frac{1}{2}$  lb. Flour. 1 Egg Yolk.  
1 tin Gooseberries or  $\frac{1}{2}$  lb.  
Gooseberries.

6 oz. Butter.  
1 teaspoon Castor Sugar.  
Pinch of Salt.

For 6 persons.—Sift flour, salt and sugar together into a basin. Rub in butter. Make a hollow in the centre. Add  $\frac{1}{2}$  tablespoon water and the egg yolk and mix into a light dough, adding more water, if required. Butter a flan ring, and place on a greased baking sheet. Roll pastry to  $\frac{1}{4}$  inch thickness and line ring. Prick the bottom of pastry case with a fork. Bake for 20 minutes in a hot oven. Take off flan ring and leave to cool. If using fresh gooseberries, boil till soft, but unbroken. Fill pastry case with fruit. Boil juice to a syrup with a little sugar and pour over.

NOTE.—Any fruit can be substituted for the gooseberries.

### CANADIAN BUTTER TARTLETS

4 oz. Short-crust.  
 $\frac{1}{2}$  teacup Castor Sugar.  
2 Eggs.

$1\frac{1}{2}$  teacups Currants.  
1 tablespoon Butter.  
1 teaspoon Vanilla Essence.

Line small patty pans with short-crust, beat butter and sugar to a cream, drop in eggs and beat thoroughly, stir in cleaned currants and essence, and put some mixture in each patty pan. Bake in a hot oven.

### BUTTERSCOTCH FLAN

1 cup Brown Sugar.  
1 tablespoon Butter.  
3 heaped tablespoons Flour.

1 pint Milk. Cream.  
1 oz. Butter. Vanilla.  
2 Egg Yolks. Short-crust.

For 6 persons.—Line a round, fireproof glass flan dish with thin short-crust. Prick well with a fork. Line pastry with a buttered paper and bake. Melt the tablespoon of butter in a saucepan, stir in the flour, and when butter is absorbed thin down with tepid milk. Keep on stirring till



1—To make the pastry, rub the butter into the flour, sifted with salt and baking powder, then stir in the sugar.

2—Add the egg yolk, diluted with water, to the dry ingredients.



3

3—Brush a fire-proof glass pie-dish lightly with oiled butter before lining it with pastry.

4—Prick the bottom of the pastry lining with a fork.





5

5—Measure the cornflour into a basin mix it to a paste with water, and add the other ingredients for the filling



6

6—Cream the butter and sugar with a wooden spoon and add them to the cornflour mixture.

8—The finished pie, with the meringue lightly browned



When you have cooked the filling till smooth and cooled it pile it into the baked pastry case and decorate with meringue



1—First assemble all the ingredients. (See Index).

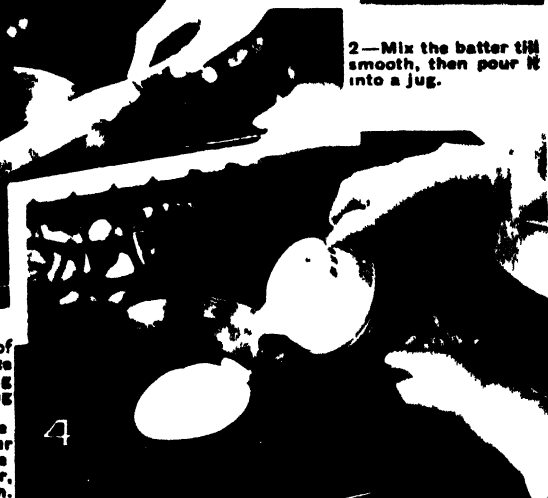


2—Mix the batter till smooth, then pour it into a jug.



3 Melt a piece of butter or lard the size of a cherry in a frying pan before frying each pancake.

4—When the fat begins to smoke, pour in about a table spoonful of batter, and run it over pan.





5 When the under side is pale brown toss the pancake or turn it with a palette knife

6 Turn the pancake when ready on to a kitchen paper sprinkled thickly with castor sugar and lemon juice



7 Roll up each pancake neatly on the sugared paper

8 — Serve pancakes on a hot dish lined with a lace paper doyley Sprinkle them with castor sugar and garnish with quarters of lemon



sauce is quite smooth, then bring to boil, and boil, stirring all the time, till sauce is mellow. Now melt a cup of brown sugar and the ounce of butter together in an iron saucepan, stirring occasionally till you get a brown caramel, when stir into hot sauce over the fire. The caramel will go into toffee, but keep stirring, and it will soon dissolve again, and give you a rich butterscotch blancmange mixture. Remove saucepan from fire, add vanilla to taste and the yolks of 2 eggs well beaten. When cold and ready to set, turn into cold prepared pastry case. Decorate on top with trails of sweetened, whipped cream with the aid of a forcing pipe. The trails should run side by side and almost entirely cover the pie. Flavour cream with vanilla to taste.

### TO MAKE TURNOVERS

Roll out the flaky pastry to  $\frac{1}{8}$  of an inch thickness, then cut into rounds about 4 inches in diameter. On each place a tablespoon stewed apple or jam. Moisten the edges with cold water, and fold together to form a half-moon. Crimp together with thumb and fingers or press with a fork. Brush with milk, and bake in a hot oven—375 degrees Fahr.—for about fifteen minutes.

### SWISS TARTLETS

2 cups Flour.	3 oz. Castor Sugar.
3 oz. Butter.	1 Egg. Salt. Jam.
1 teaspoon Baking Powder.	

FILLING.—1 Egg, Weight in Butter, Sugar, Flour.

Rub butter into flour sifted with baking powder and a pinch of salt, with the tips of the fingers till like breadcrumbs. Stir in sugar and moisten to a dough with a beaten egg, and a little milk if needed. Line tartlet tins with this pastry, then put a teaspoon of raspberry jam in bottom of each, and cream butter and sugar together for filling. Add very well-beaten egg, and flour, and if liked, a tablespoon chopped orange peel. Pour this over jam, and bake in a quick oven to start with, then in a moderate oven. Dust with icing sugar before serving.

### FRENCH PASTRY

2 oz. Flour.	1 oz. Butter.
1 gill Cold Water.	2 Egg Yolks.
1 Egg White.	Pinch of Salt.

(For éclairs and cream buns)

Put butter, water and salt into a small saucepan. Bring



to boiling point, then stir in flour. Keep stirring mixture while it cooks, until it leaves the sides of the pan clean, then remove from fire, cool, and then beat in first the egg yolks, one at a time, then the egg white. Cool. shape into balls if wanted for cream buns, place in a buttered tin, and bake in a moderate oven from 45 minutes to 1 hour. When cooled, they should be pale brown. Remove from tin, leave till cold, make a slit in the side or cut a slice of the top off each and fill with whipped cream, flavoured with vanilla.

#### TO MAKE ÉCLAIRS

Substitute milk for water in pastry. When ingredients are thoroughly mixed leave till cold, then force mixture out of a forcing bag on to a buttered baking sheet in 6-inch long fingers. Bake for about 30 minutes in a moderate oven. Remove from tin and leave till cold. Then make a slit along each side, and remove soft inside if there is any. Fill with whipped sweetened cream, using a forcing bag to stuff them with. Ice with coffee or chocolate icing.

### SAVOURY PIES, SAUSAGE ROLLS, ETC.

#### QUICK CRUST

1 cup Flour.	$\frac{1}{2}$ cup Water (boiling).
$\frac{1}{2}$ teaspoon Salt.	$\frac{1}{2}$ cup Butter.
$\frac{1}{2}$ teaspoon Baking Powder.	

Sift the dry ingredients together in a basin. Cut in the butter with a knife, keeping mixture flaky. Stir in boiling water. Mix lightly. Cool before rolling out.

#### STEAK AND KIDNEY PUDDING

1 $\frac{1}{2}$ lbs. Steak.	$\frac{1}{2}$ lb. Ox Kidney or 3 Sheep's
2 oz. Flour.	Kidneys.
Salt, Pepper and Paprika to taste.	1 Onion.
	Stock or Cold Water.

*For 6 persons.*—Cut the steak into very thin slices. Pour boiling water over the kidney, skin, remove any core and cut into small pieces. Mix the flour and seasoning on a plate. Dip the meat and kidney into the seasoned flour. Make the suet crust and when the basin is lined, place the meat and kidney in it with the sliced onion and add enough stock or cold water to come only half-way up. Finish according to directions under suet crust.

## SUET CRUST FOR MEAT PUDDING

4 oz. Suet.	1 lb. Flour.		$\frac{1}{2}$ teaspoon Baking Powder.
Cold Water and Stock.			$\frac{1}{2}$ saltspoon Salt.

Before starting to make your crust, put a large saucepan of cold water on the fire to boil. Then remove all skin and gristle from suet before weighing. Chop suet finely, sprinkling a little flour over it while chopping, to prevent it sticking. Sift flour, baking powder, and salt together, into a basin. Then lightly but carefully rub all suet into the flour with the tips of the fingers. Make into a paste with cold water, adding a little at a time. Roll out on a lightly floured board two-thirds of the pastry. Remainder reserve for cover of pudding. Roll out the larger quantity to a round twice the size of the top of the basin—about one-third of an inch thick. Line basin inside very smoothly, and when filled roll remaining piece of paste to a round, the size of the top of the basin—a quarter of an inch thick. Brush the edge of the paste in basin with cold water, and fit on top of paste, joining edges together by pressing with thumbs. Trim edges with a knife. Dip a pudding cloth in boiling water, wring it and sprinkle it with flour, then tie tightly over the top of basin with a piece of string under the rim. Steam for 3 hours.

## CANADIAN PORK PIE

## PASTRY :—

$\frac{1}{2}$  lb. Flour.  
 3 oz. Butter.  
 $\frac{1}{2}$  teaspoon Salt.  
 1 Egg.  
 A little Water.  
 A little Lemon Juice.

## FILLING :—

$\frac{1}{2}$  lb. Lean Pork.  
 3 oz. Ham.  
 1 hard-boiled Egg.  
 1 tablespoon Water.  
 $\frac{1}{2}$  teaspoon Salt.  
 Paprika and Pepper.

For 4 persons.—Mix flour and salt together in a basin. Rub butter lightly in with the tips of the finger. Sprinkle in a few drops of lemon juice. Moisten with cold water and all the egg, except enough with which to glaze pie. The dough should be rather stiff. Roll pastry out thinly and line with it a well-greased pie-dish. Then arrange alternately, layers of ham, pork and egg cut into dice, and lastly, add water to which you have already added seasonings. Cover with remainder of pastry and decorate with pastry leaves. Make a hole in the centre of pie and then brush top with egg. When cooked, pour into pie a gill of nicely flavoured stock in which you have dissolved  $\frac{1}{2}$  of an ounce powdered gelatine, and leave till cold and set, when serve with a green salad.

## CORNISH PASTIES

$\frac{1}{2}$ lb. <i>Beef Skirt.</i>	$\frac{1}{2}$ lb. <i>Potatoes.</i>
1 <i>Onion.</i>	6 oz. <i>Dripping.</i>
1 <i>teaspoon Baking Powder.</i>	1 lb. <i>Flour.</i>
<i>Salt and Pepper.</i>	

*For 4 persons.*—Chop skirt into small pieces. Wash, peel and mince potatoes. Peel and mince onion. Sift together into a basin, flour, salt, and baking powder. Rub dripping in with tips of fingers. Mix with cold water to a stiff paste. Turn pastry on to a lightly floured board. Roll out to a quarter of an inch thickness, and cut into six or seven inch squares. Place a little of the mixture in centre of each square. Season to taste with pepper, salt and onion. Fold the paste over the meat, pressing the edges together. Bake on greased tins in a quick oven from 30 to 35 minutes. When almost ready, brush with beaten egg.

## CAMBRIDGE SAUSAGE PUDDING

6 oz. <i>Suet Crust</i> (page 253).	$\frac{1}{2}$ <i>teaspoon Salt.</i>
$\frac{1}{2}$ <i>teaspoon Sage.</i>	1 <i>small Mince'd Onion.</i>
$\frac{1}{2}$ lb. <i>Sausages</i> (scalded).	$\frac{1}{2}$ <i>teaspoon Pepper.</i>
$\frac{1}{2}$ oz. <i>Butter.</i>	2 <i>teaspoons Flour.</i>
$\frac{1}{2}$ <i>gill Stock.</i>	

*For 4 persons.*—Line a small basin with half the pastry and put in half the sausage. Add pepper, salt and sage. Fry onion in the butter. Add flour and stock. Boil 2 minutes. Allow to cool. Pour into basin. Add remainder of sausage. Cover with pastry, then with pudding cloth. Steam  $1\frac{1}{2}$  hours.

## RABBIT PIE

2 <i>Young Rabbits.</i>	3 <i>slices Boiled Pickled Pork.</i>
3 <i>Hard-boiled Eggs.</i>	<i>Parsley. Nutmeg.</i>
<i>Puff Pastry.</i>	<i>Salt and Pepper.</i>

*For 6 to 8 persons.*—Soak rabbits in cold, salted water for one hour, then rinse well. Put rabbits into a saucepan and cover with cold water. Bring to boil, then rinse in cold water. Put again into a saucepan and cover with cold water. Season with pepper and salt, and, if liked, add an onion. Bring to boil and simmer for  $\frac{1}{2}$  hour. Take out rabbits, remove all meat from bones and return bones to liquor in pan. Cut up pickled pork into small pieces. Slice the hard-boiled eggs. Bring liquor and bones to boil and while boiling make the puff paste. Place a layer of rabbit meat in the bottom of a pie-dish, then a layer of pork and egg. Season with finely chopped parsley, pepper, salt, and a grating of nutmeg.

Repeat layers and seasonings until dish is full. Add  $\frac{1}{2}$  pint of the liquor, or more, if necessary. Roll out pastry to  $\frac{1}{4}$ -inch thickness and cover dish. Make a hole in the centre, then brush paste with beaten egg. Bake for  $\frac{3}{4}$  hour in a moderate oven. When the pastry has risen, put the pie in the bottom of the oven until cooked, then fill the pie with hot rabbit liquor through the hole in the centre and serve.

### SAUSAGE ROLLS

$\frac{1}{2}$  lb. Sausages.    1 Egg.    |     $\frac{1}{2}$  lb. Puff Pastry.

*For 3 or 4 persons.*—Skin sausages and halve them lengthwise. Roll out pastry to about  $\frac{1}{8}$ -inch thickness, then cut into squares 4 inches across. Brush along two side edges with cold water. Lay a piece of sausage on the side nearest you, seeing that the paste reaches half an inch beyond each end of the sausage. Roll up, then brush edge with cold water to make it stick. Press the ends of the paste gently together and brush the tops of the rolls with beaten egg. Place rolls on a wet baking sheet and bake in a moderately quick oven for 20 to 30 minutes.

### STEAK AND KIDNEY PIE

1 lb. Shoulder Steak.		2 Sheep's Kidneys.
1 tablespoon Flour.		1 Minced Onion.
Pepper.      Salt.		Stock or Water.

*For 4 persons.*—Cut steak in very thin slices. Split, core and slice the kidneys. Mix flour and seasoning. Dip the meat in flour. Pack pie-dish loosely to a little above the level. Fill with water or stock. Cover with flaky pastry.

### VEAL PATTIES

$\frac{3}{4}$ lb. Puff Paste.	$\frac{1}{2}$ pint Diced Cooked Veal and
$\frac{1}{2}$ pint Bechamel Sauce.	Ham.
$\frac{1}{2}$ cup Cooked Peas.	1 Egg.      Salt and Pepper.

*Enough for 6 persons.*—Roll puff paste out to  $\frac{1}{4}$ -inch thickness. Take two round cutters, one three inches and the other two inches in diameter. Cut out rounds with the largest cutter, then place the small cutter in the centre and nearly cut through the pastry. Brush over rounds of paste with beaten-up egg, lay them on a wet baking sheet and bake in a quick oven. When cooked, remove centre tops carefully. Heat diced ham, veal, and peas in the sauce, season to taste, and when thoroughly hot fill cases with mixture. Replace pastry tops and serve.

# PUDDINGS

## UTENSILS REQUIRED

<i>Mixing Bowl.</i>	<i>Pudding Cloths.</i>
<i>Wooden Spoons.</i>	<i>Pie Dishes.</i>
<i>Egg Beater.</i>	<i>Deep Frying Pan.</i>
<i>Pudding Basins.</i>	<i>Omelette Pan.</i>
<i>Measuring Cup and Spoon, etc.</i>	

Few of us make enough fuss of the pudding course. Most housewives seem content to serve a baked or a steamed pudding, or custard and fruit. This is very unimaginative of them. In cold weather I try to serve the following alternately :

1. Steamed sponge and suet puddings.
2. Baked milk puddings (they should include puddings made with and without eggs).
3. Hot soufflés.
4. Baked apples, apple Charlotte, scalloped fruit.
5. Baked sponge, batter puddings, etc.
6. Fritters, pancakes, sweet omelettes.

## OMELETTES, SOUFFLÉS, ETC.

### HINTS FOR MAKING HOT PUDDINGS.

1. Sift any flour used with any spices and with salt and baking powder, if used.
2. When pudding is to be steamed, see that boiling water comes half-way up the mould. Replenish saucepan when necessary with boiling water.
3. Beat batters well. Sponge pudding can be made lighter by beating yolk and white of egg separately.
4. Any chocolate, ginger or plain sponge cake can be served hot, cut in squares and accompanied by hot almond or vanilla custard sauce.
5. If there is not time to make custard, and you do not want to serve cream, heat some tinned fruit juice, sweeten if necessary, and serve over pudding or in a sauce-boat.

### TO MAKE FRITTERS (SWEET)

Stir one saltspoon salt into the yolks of two eggs, then add slowly 1 tablespoon salad oil, and 1 teaspoon castor sugar, and 1 dessertspoon of brandy, if it can be spared. When

well mixed, stir in slowly  $\frac{1}{2}$  pound flour (sifted), and  $\frac{3}{4}$  gill water, a little of each alternately. Beat well, stand for two or three hours before using, then lightly fold in the stiffly frothed whites of the eggs.

NOTE.—Fritter batter should be very light and thick, and of a consistency to coat entirely whatever it is intended to cover. To use batter, coat fruit, drop into deep boiling hot fat, fry till golden, drain on paper, dust with castor sugar.

APPLE.—Peel and core apples, then cut into  $\frac{1}{4}$ -inch thick rings, dip in batter, and fry as directed above.

BANANA.—Peel and split bananas lengthwise, then cut halves into two or three pieces crosswise

APRICOT OR PEACH.—Halve fruit, dip in brandy, then in castor sugar mixed with equal quantity of crushed macaroons, then dip in the batter and fry as above.

ORANGE.—Quarter oranges, remove pips, and run a sharp, stainless knife between the pulp and the peel, so that no pith is left in the orange. Dip in icing sugar then immediately in batter, before the sugar has had time to melt. Fry as above.

TINNED FRUIT.—Drain well, before dipping in batter, and cut into suitable pieces.

TO SERVE FRITTERS.—Pile up on a hot dish covered with a lace paper d'oyley, and sprinkle with castor sugar.

#### HINTS ON COOKING FRITTERS

1. Do not coat fruit until ready to fry.
2. Fry in lard or clarified dripping, in a deep strong pan, filled half-full with fat.
3. See that a faint blue smoke rises from the centre of the fat before you add the coated fruit
4. Only fry one or two fritters at a time. If you fry too many, you will cool the fat down too much and the fritters will be greasy.
5. When fritters are golden all over, drain on paper, and re-heat the fat before frying the next batch.
6. Serve as soon as possible, or fritters will not be crisp.

#### TO MAKE A SWEET OMELETTE

ENGLISH METHOD (PUFFY).—Allow 2 eggs per person, beat yolks of eggs in 1 basin, stir in a pinch of salt, half a tablespoon of tepid water, and 1 tablespoon castor sugar. Lightly fold in stiffly frothed egg whites. Melt half a tablespoon butter in a hot omelette pan, drop in the mixture, and

allow to cook for a minute until bottom is set and lightly browned. Finish cooking under the grill or in the oven. Serve folded with a tablespoon of hot jam in the centre.

**FRENCH METHOD.**—Allow 2 eggs per person, beat lightly with a fork for a few seconds, add half a tablespoon of tepid water and a pinch of salt. Pour mixture lightly but quickly into a hot omelette pan, in which you have melted till smoking hot,  $\frac{1}{2}$  tablespoon of butter. Stir lightly for a second or two, in the middle, then leave mixture to set and brown lightly beneath, when lift the edges with a palette knife and allow the liquid on top to run underneath. When still soft on top, *but no longer "runny,"* fold in two, turn on to a hot dish, and slip a tablespoon of apricot jam between the folds.

### KIRSCH OMELETTE

Sprinkle folded omelette with half a tablespoon castor sugar. Hold under the grill till glazed. Pour over a tablespoon of Kirsch, set a match to it, and spoon the Kirsch over the omelette as fast as it runs on to the hot dish.

**RUM OMELETTE.**—Substitute rum for Kirsch in the foregoing recipe.

### TO MAKE PANCAKES (SCOTCH)

Sift  $\frac{1}{2}$  pound flour and a pinch of salt into a basin, make a well in the centre of the flour, and beat in the yolks of 2 eggs, and about 1 gill of milk. Add just enough milk to make a smooth batter. Beat well, and add some more milk until you have mixed in  $\frac{1}{2}$  pint altogether, and drawn in all the flour from the side of the well. Beat for 5 minutes, then stand for 1 or 2 hours. When pancakes are required, lightly fold in the stiffly frothed egg whites, and fry pancakes.

### TO FRY PANCAKES

Melt a walnut of butter or lard in the frying pan for each pancake. Remove pan from the fire; pour in from 2 tablespoons to  $\frac{1}{2}$  gill of batter, depending on size of frying pan. Move pan a little to allow the batter to cover the whole of the pan, then place pan quickly on gas, and cook till lightly browned below, when turn over with a knife, or toss over by jerking the pan a little upwards and towards. Brown on the other side, then turn each pancake in turn on to sugared paper. Dredge with sugar, squeeze a little lemon juice over, roll up, and keep hot while frying the others.

**TO SERVE PANCAKES**—Arrange on a hot dish lined with a paper d'oyley. Garnish with fingers of lemon or orange.

# PANCAKES (PLAIN)

$\frac{1}{2}$  lb. Flour.  
1 large Egg.

$\frac{1}{2}$  pint Milk.  
Pinch of Salt.

Make and serve as above, except do not separate or beat the egg before mixing into the flour.

## TO VARY PANCAKES

1. Substitute snow in the proportion of 2 tablespoons to 1 egg for any eggs mentioned in the recipe.
2. Spread with jam, preferably apricot, or raspberry, instead of sprinkling with lemon juice and sugar.
3. Fill with whipped cream, and flavour with vanilla, or rum, or crushed macaroons, or grated chocolate.
4. Fill with apple purée, flavoured with cinnamon, rum, or grated nutmeg.
5. Add 2 ounces clean currants to batter before frying.

## TO MAKE SOUFFLES

Before starting to prepare soufflés, have water boiling in the saucepan, if soufflés are to be steamed. If baked, have oven at correct temperature (325 degrees Fahr.).

### UTENSILS REQUIRED :

*Moulds in graduated sizes, of fireproof ware or glass, can be bought with silver frames. A set of individual souffle moulds.*

TO PREPARE MOULDS.—Brush thickly with clarified butter or olive oil. Take a double band of paper wide enough to fold round mould and just overlap, and deep enough to come three or four inches above the mould. Brush with clarified butter or olive oil. After greasing mould tie the band of paper, greased side inwards, round outside of mould. Grease a piece of paper to cover the top. If using paper cases, grease them also.

### HINTS ON SOUFFLÉ MAKING

1. Only three-quarters fill soufflé mould or cases. Cover with a buttered paper. Place on a baking tin. If moulds, have baking tin filled with enough hot water to come an inch up the mould. If paper cases, omit water. Place in oven, and keep heat steady, and bake till set. If to be steamed, see that the boiling water reaches half-way up the tin, cover with buttered paper, and steam till set.

2. Do not open the lid of the saucepan or the oven door any more than you can help while cooking, or the soufflé may fall as the result of the draught.



3. Before making any soufflé, have all the ingredients ready, carefully measured, also oven or saucepan, depending on whether soufflé is to be baked or steamed.

4. Whip egg whites to a stiff froth, and fold them in last thing with other ingredients.

5. Cook till firm in the centre.

To SERVE.—*Baked*.—Place in dish in a frame, if it has one, otherwise on a silver dish covered with a d'oyley. Serve as soon as set, otherwise it will fall. *Steamed*.—Remove from saucepan, stand for 1 minute to shrink, then turn out on to a hot dish.

6. Carry a baked soufflé to the dining-room covered, if possible, with a hot cover. If left in the oven for two minutes after it is ready, a baked soufflé will be tough and leathery.

### PINEAPPLE SOUFFLÉ

2 oz. Butter.

$\frac{1}{2}$  pint Milk.

1 oz. Castor Sugar.

4 Egg Whites.

3 oz. Flour.

3 oz. Pineapple.

3 Egg Yolks.

$\frac{1}{2}$  teaspoon grated Lemon Rind.

For 3 persons.—Melt butter in a saucepan, stir in flour, add milk, stir till boiling, thick and smooth. Add diced pineapple, sugar and grated lemon rind. Cool, stir in egg yolks, then lightly fold in the stiffly frothed egg whites. Decorate greased soufflé mould with pieces of pineapple. Pour mixture in very gently, cover with buttered paper, and steam 1 hour.

To SERVE.—Turn out on a hot dish, and pour round, pineapple sauce. Dissolve 1 ounce castor sugar in a gill of tinned pineapple juice, stir in a wineglass of sherry, and a tablespoon diced pineapple. Serve hot.

### BAKED PUDDINGS

These consist of milk puddings, made with and without eggs, custards, cobblers, shortcakes, Betties, rolls, etc.

#### APPLE BETTY

3 cups Chopped Apples.

$\frac{1}{2}$  cup Castor Sugar.

$\frac{1}{2}$  teaspoon Grated Nutmeg.

Rind and Juice 1 Lemon.

2 cups Soft Breadcrumbs.

$\frac{1}{2}$  teaspoon Ground Cinnamon.

2 tablespoons Butter.

$\frac{1}{2}$  cup Water or Pineapple Juice.

For 4 persons.—Add crumbs to melted butter. Mix lemon rind, sugar and spice together. Cover bottom of a buttered

fireproof dish with  $\frac{1}{4}$  of the crumbs, then with  $\frac{1}{2}$  apples. Sprinkle with the sugar and spice mixture, then with another  $\frac{1}{4}$  of crumbs. Cover with remainder of apples, then with remainder of sugar and spice mixture. Mix lemon juice and water together and sprinkle over, then cover with remainder of crumbs. Cover closely, bake 45 minutes in a moderate oven (350 degrees Fahr.), then uncover and brown quickly. Serve with cream or custard sauce.

### RHUBARB BETTY

Wipe rhubarb and remove any shreds from stalks. Substitute 3 cups of rhubarb, cut into inches, for the apples in above recipe, and allow 1 cup of castor sugar instead of the  $\frac{1}{2}$  cup given with apples. Follow apple recipe, but add the grated yellow rind of an orange or tangerine to the lemon rind and juice, and a little cinnamon and nutmeg.

### APPLES DEMERARA

6 large Apples (or 8 small Apples).		4 tablespoons Demerara Sugar.
		1 teaspoon Butter.
2 tablespoons Water.		

For 4 persons.—Pare, core and halve apples if large, and leave whole if small. Pour water into a shallow fireproof dish, place apples in dish, and spread the sugar mixed with the butter on top of each. Cover, and bake in a moderate oven for 20 minutes, then uncover and cook till a pale gold, basting once or twice. Serve with whipped cream, flavoured with rum or vanilla, or with custard sauce.

### BAKED APPLES WITH HONEY

$\frac{1}{2}$ cup Honey.		$\frac{1}{2}$ cup Water.
6 Apples.		Vanilla Custard.

For 6 persons.—Wash, core, and peel the upper half of each apple. Place them in a baking dish. Boil the honey and water for 2 minutes. Pour over the apples. Bake in a slow oven till tender. When ready, serve with vanilla custard.

### APPLE MERINGUE

1 pint Stewed Apples.	1 $\frac{1}{2}$ cups Milk.
2 Egg Yolks.	3 tablespoons Cornflour.
$\frac{1}{2}$ cup Sugar.	$\frac{1}{2}$ teaspoon Salt.
2 Egg Whites.	Lemon Essence

For 5 persons.—Put the stewed apples into a deep pie-dish, pour boiled custard over it, and dot with stiffly beater

egg whites, which have been sweetened with 2 tablespoons sugar, and  $\frac{1}{2}$  teaspoon lemon essence. Bake until the meringue is browned—for about 10 to 15 minutes.

### GOLDEN CUSTARD APPLES

8 medium-sized Apples.	2 oz. Ground Almonds.
1 Egg.	1 tablespoon Water.
Juice of 1 Lemon.	3 oz. Castor Sugar.
1 dessertspoon Cream.	

*For 4 to 6 persons.*—Peel apples, and core them without cutting right through. Arrange them in a thickly buttered fireproof dish. Mix together in a basin, ground almonds, sugar, lemon juice, egg and cream. Pour mixture over and into apples. Pour water round. Bake from 25 to 30 minutes. Serve with cream or custard.

### BAKED APPLE DUMPLINGS

6 Apples.	$\frac{1}{2}$ lb. Flour.
1 lb. Butter.	1 Egg Yolk.
Castor Sugar. Cloves.	$\frac{1}{2}$ teaspoon Baking Powder.

*For 4 to 6 persons.*—Pare and remove cores from apples. Put flour in a basin, rub in butter, then add baking powder and egg yolk. Mix to a stiff paste with a little cold water. Roll out paste to  $\frac{1}{4}$ -inch thickness, then cut into rounds large enough to cover apples. Lay an apple in centre of each round. Fill the hole left by the core with castor sugar and one clove. Gather the paste up all round apple so that it is completely covered. Put joined side down on a baking sheet. Brush over top with cold water, sprinkle thickly with castor sugar and bake in a moderate oven for  $\frac{1}{2}$  hour. Serve with custard sauce.

### APRICOT RICE

2 cups Turned or Stewed Dried Apricots.	1 cup Brown Sugar.
2 Eggs.	2 cups Cooked Rice.
	2 cups Milk.

*For 6 persons.*—Place the apricots in the bottom of a buttered pudding dish. Cover with the rice. Beat the eggs until light and add the brown sugar. Scald the milk, and stir in the egg mixture slowly. Add to the rice and apricots. Bake in a moderate oven for about  $\frac{1}{2}$  hour, or till set. The pudding-dish should be stood in a pan of hot water.

## BLACKBERRY COBLER

1½ *tablespoons Castor Sugar.*  
 2½ *tablespoons Milk.*  
 1 *tablespoon Lemon Juice.*  
 2 *cups Flour.*  
 1 *teaspoon Salt.*

5 *tablespoons Lard.*  
 1 *quart Blackberries.*  
 2 *tablespoons Butter.*  
 4 *teaspoons Baking Powder.*  
 ½ *cup Water.*

*For 6 persons.*—Pour berries, sweetened to taste, into a buttered pie-dish, sprinkle with lemon, and dab with pieces of butter. Rub the lard lightly into the flour sifted with the baking powder and salt. Stir in sugar and milk. Roll out to the shape of the pie-dish, and place on top of the fruit, neatening the edges round the top. They must not come over the rim. Prick with a fork and bake in a hot oven for half an hour. Serve with vanilla custard sauce.

## BREAD PUDDING

½ *cup Breadcrumbs.*  
 2 *Eggs.* Salt.  
 2 *tablespoons Castor Sugar.*

1 *pint Milk.*  
 1 *tablespoon Melted Butter.*  
 1 *teaspoon Vanilla.*

*For 4 persons.*—Pour milk over crumbs, stand ½ an hour, stir in sugar, butter, beaten eggs, a pinch of salt and vanilla. Pour into a buttered pie-dish. Place in a baking tin containing an inch of hot water, and bake in a moderate oven for 30 minutes, or till set in the centre.

## TO VARY BREAD PUDDING.

1. Add ¼ cup chopped stoned raisins.
2. Spread when baked with stewed, sweetened apples, lemon cheese, apricot, or strawberry jam. Cover with a meringue, made from 2 egg whites, 2 tablespoons of castor sugar, and a few drops of vanilla essence. Brown delicately in the oven.

## BREAD AND BUTTER PUDDING

*Slices of Bread and Butter.*  
 2 *oz. Sugar.* 3 *Eggs.*  
 1½ *pints Milk.*

½ *lb. Cleaned Currants or Sultanas.*  
 A *Grate of Nutmeg or Lemon Rind.*

*For 6 persons.*—Place a layer of thickly-buttered slices of bread in the bottom of a pie-dish. Sprinkle with fruit, then cover with a layer of bread and butter. Repeat layers until dish is filled. Bring milk to boil and pour over the well-beaten eggs. Stir in sugar and spice or lemon rind and pour over the bread and butter in dish. Bake in a slow oven for 1 hour.

## BAKED BUTTERSCOTCH PUDDING

- |                         |                                |
|-------------------------|--------------------------------|
| 1 cup Brown Sugar       | 1½ tablespoons Butter          |
| 2 tablespoons Cornflour | 2 tablespoons Granulated Sugar |
| 1 teaspoon Vanilla      | 1 cup Boiling Water. 2 Eggs    |

*For 4 persons.*—Brown white sugar in a saucepan. Pour boiling water on, stirring until sugar has melted. Add brown sugar and cornflour, rubbed smooth in a little cold water. Add butter and salt to taste, then beaten yolks of eggs. Let cool, and add vanilla. Pour into a buttered pie-dish. Cover with a meringue made from egg whites. Bake in a moderate oven for about 10 minutes.

## CHOCOLATE CREAM ROLL

- |                            |                  |
|----------------------------|------------------|
| 8 Eggs. Jam.               | 1 cup Sugar.     |
| ½ cup Grated Chocolate.    | ½ cup Milk.      |
| 2 teaspoons Baking Powder. | 1 cup Flour.     |
| ½ teaspoon Vanilla.        | ½ teaspoon Salt. |

*For 5 persons.*—Beat the egg yolks, then add the sugar, and cream until fluffy. Melt the chocolate, then add to the mixture together with the milk and vanilla. Lightly fold in the sifted flour, baking powder, and salt, alternately with the stiffly beaten egg whites, and put into a well-oiled baking tin. Bake from 20 to 25 minutes in a moderate oven, when cover with raspberry or strawberry jam, or marshmallow cream, and roll up like a Swiss roll. Dust with castor sugar, and serve with whipped cream.

## PEARS WITH GINGER SAUCE

- |                       |                         |
|-----------------------|-------------------------|
| 1 tin Pears.          | 1 cup Fine Breadcrumbs. |
| 2 tablespoons Butter. |                         |

*For 6 or 8 persons.*—Drain the syrup from the pears. Roll pears in breadcrumbs. Place on a baking sheet, and dot with pieces of butter. Bake in a hot oven until the crumbs are browned.

## SAUCE

- |   |                                  |
|---|----------------------------------|
| 1 tablespoon Flour.                             | Syrup from tin of Pears.         |
| 1 tablespoon Butter.                            | 3 tablespoons Chopped, Preserved |
| 8 tablespoons Syrup from Pre-<br>served Ginger. | Ginger.                          |

Melt the 1 tablespoon butter, add flour, and syrup from pears. Stir until boiling point, then add ginger and syrup. Serve in a hot sauceboat.

## SCALLOPED PEARS

- |   |                        |
|---|------------------------|
| 6 halves Tinned Pears.                    | ½ cup Pear Syrup.      |
| 2 tablespoons Minced Preserved<br>Ginger. | Custard Sauce.         |
| 1½ cups Breadcrumbs.                      | ½ Lemon. Butter.       |
|   | Brown Sugar. Cinnamon. |

*For 6 persons.*—Cut the pears into fingers. Arrange them in the bottom of a shallow, buttered, fireproof baking dish. Pour over the juice of the lemon, and syrup taken from the pears. Sprinkle with the crumbs, then with brown sugar and ground cinnamon to taste, mixed with the ginger. Dab with tiny pieces of butter, and bake till crumbs are brown.

### SCALLOPED PLUMS

8 cups *Stale Sponge Cake*  
Crumbs.

8 cups *Stewed Plums.*  
2 *tablespoons Butter.*

*For 4 persons.*—Butter a pudding dish. Put a layer of crumbs in the bottom. Cover with a layer of the stewed plums. Keep on with the layers till all the ingredients are used. Reserve  $\frac{1}{2}$  a cup of the crumbs. Sprinkle the rest of the crumbs on top. Dab with butter. Bake  $\frac{1}{2}$  an hour in a moderate oven. Serve hot with custard or cream. To vary this pudding use peaches, or any other kind of stewed fruit instead of the plums.

### AMERICAN SHORTCAKES

(1) 2 cups *Flour.*  
 $\frac{1}{2}$  *teaspoon Salt.*  
4 *teaspoons Baking Powder.*

4 *level tablespoons Butter* (or  
 $\frac{1}{2}$  *Butter and*  $\frac{1}{2}$  *Lard).*  
 $\frac{1}{2}$  *cup Milk.*

(2) 4 cups *Flour.*  
 $\frac{1}{2}$  *cup Milk.*  
 $\frac{1}{2}$  *cup Butter.*

4 *teaspoons Baking Powder.*  
 $\frac{1}{2}$  *teaspoon Salt.*  
 $\frac{1}{2}$  *cup Lard.* 1 *Egg.*

*For 6 persons.*—Sift flour, salt and baking powder twice. Add fat cut in small pieces, and rub lightly in. Stir in milk and egg, if using one. Turn mixture on to a floured board, divide into two portions, roll out into two rounds, and bake each in a buttered, fireproof pie plate in a quick oven for  $\frac{1}{4}$  of an hour. Spread each half on the under side generously with butter, then spread one half, on buttered side, with 1 quart crushed berries, strawberries, raspberries, loganberries, or with sliced peaches, pears, or bananas, sweetened if necessary. Place other half on top. Spread top with the same quantity of the fruit filling. Decorate with whipped cream, sweetened and flavoured to taste, then with a few chopped marshmallows. Serve at once.

### QUEEN OF PUDDINGS

1 *pint Milk.*  
1 *cup Breadcrumbs.*  
2 *tablespoons Castor Sugar.*  
2 *Eggs.*

1 $\frac{1}{2}$  *tablespoons Melted Butter.*  
1 *teaspoon Vanilla Essence.*  
*Pinch of Salt.*  
3 *oz. Icing Sugar.*

*For 4 persons.*—Bring milk to the boil. Pour over the crumbs in a basin. Stand for  $\frac{1}{2}$  hour. Separate egg yolks and whites. Beat up yolks. Mix with the milk and crumbs. Stir castor sugar, butter, salt, and essence into the egg yolks and crumbs. Butter a pie-dish. Pour in the mixture. Bake in a moderate oven— $350^{\circ}\text{F}$ .—for about 20 minutes, till set. Whip up the egg whites. Sift and fold in the icing sugar. Spread the pudding with raspberry, strawberry or apricot jam. Pile the meringue on top. Dredge with castor sugar. Cook in a cool oven— $270^{\circ}\text{F}$ .—for 10 minutes, till light brown.

### RAILWAY PUDDING, WITH FUDGE SAUCE

1 cup Flour.

2 oz. Butter.

$\frac{1}{2}$  cup Sugar.

Grated rind of 1 Lemon.

$\frac{1}{2}$  cup Milk. 1 Egg.

1 teaspoon Baking Powder.

*For 3 persons.*—Beat the butter and sugar together, and add flour sifted with baking powder, and a pinch of salt, lemon rind and beaten egg mixed with milk. Beat well for a few minutes, then bake in a buttered, shallow tin for 20 minutes. Sometimes I substitute ground cinnamon to taste for the lemon rind. Serve hot, cut into squares, with the following sauce poured over.

#### FUDGE SAUCE

2 cups Sugar.

$\frac{3}{4}$  tablespoon Butter.

$\frac{1}{2}$  cup Milk.

2 oz. Chocolate.

Few Grains Salt.

$\frac{1}{2}$  teaspoon Vanilla.

Mix together in a saucepan the sugar, grated chocolate, butter and salt. Stir until the sugar is dissolved, then cook gently until the mixture thickens and sticks together when a little is tried in some cold water. Add the vanilla, then cool. Beat, but do not make the sauce creamy, and use.

### RASPBERRY ROLY-POLY

2 cups Flour.

$\frac{1}{2}$  teaspoon Salt.

$\frac{1}{2}$  cup Milk.

$\frac{1}{2}$  cup Sugar

2 teaspoons Baking Powder.

$\frac{1}{2}$  cup Butter

3 cups Raspberries.

Dash Ground Cloves.

*For 6 persons* — Sift together the flour, baking powder and salt. Rub in the butter, and mix dough with the milk. Turn on to a floured board, then roll into an oblong shape about  $\frac{1}{2}$  of an inch thick. Put the raspberries on this, and sprinkle with the sugar, into which the ground cloves have been stirred. Moisten the edges of the dough, roll up, and press

edges firmly together. Put the roly-poly in a greased baking pan, brush the top over with milk, and bake in a moderate oven. Serve with custard sauce or cream.

### MERINGUE

**TO MAKE A GOOD MERINGUE.**—(Used for covering milk puddings and pies.) The egg whites should be very cold, and the oven must be cool, about 275 degrees Fahr., to start with, then 250 degrees Fahr. If hotter, the meringue will shrivel and be leathery on top, and moist below, whereas if cooked at the proper temperature a perfect meringue should be light, fluffy and crisp all through.

#### QUICK MERINGUE FOR COVERING

2 Egg Whites.	1 egg-spoon Vanilla or other
$\frac{1}{4}$ teaspoon Salt.	Flavouring.
3 oz. Icing Sugar.	

Whip egg whites in a large dry bowl until stiff. Fold in the sugar and salt, add the flavouring, and beat till glossy. Put on top of pudding or pie, roughly with a spoon, or squeeze it through a bag. Bake in a cool oven—275 degrees Fahr.—for 10 minutes.

### AMERICAN MERINGUES

3 Egg Whites.	1 cup Castor Sugar.
$\frac{1}{2}$ Saltspoon Salt.	A few drops of Flavouring.

**For 6 persons.**—Pour cold water into the lower part of a double boiler. Put the upper part of the double boiler into position, then pour into it the sugar and egg whites, and add salt. Place boiler over a very slow heat and beat mixture constantly until it comes slowly to simmering point. By this time the meringue should be heavy enough to keep its shape. If not, keep on beating, but do not let the water in the pan below boil. When firm and solid remove from heat, stir in flavouring, place boiler in a basin of cold water, then beat for three minutes, then use as described in foregoing recipe, or make into meringue shells, for ice cream or strawberries and cream.

### STRAWBERRY MERINGUES

4 Egg Whites.	$\frac{1}{2}$ cup Icing Sugar.
1 cup Whipped Cream.	3 extra tablespoons Icing Sugar.
$\frac{1}{2}$ cup Crushed Strawberries.	

**For 6 persons.**—Beat egg whites till they begin to stiffen, then stir in the half cup of sugar passed through a sieve.



Keep on beating until eggs are stiff. Press through a forcing bag and pipe into round nests on a baking sheet. Bake in a cool oven—275 degrees Fahr.—for about 30 minutes. Cool, fill with the crushed berries, mixed with the extra sugar and whipped cream. Decorate on top with whole berries. Raspberries and loganberries can be served in the same way.

#### FILLINGS FOR MERINGUE SHELLS

1. Whipped cream, sweetened and thickened with crushed macaroons.
2. Ice cream.
3. Filled with vanilla ice cream, and masked with hot butterscotch sauce.

### STANDARD MILK PUDDINGS

Allow 2 ounces grain to 1 pint milk, and 1 or 2 eggs: (Eggs can be omitted for a plain pudding). Sweeten and flavour to taste.

#### TO FLAVOUR MILK PUDDINGS

1. Add  $\frac{1}{2}$  a bay-leaf, or 1 inch cinnamon stick, 1 to 2 inch vanilla pod, 2 cloves, 2 blades of mace, or the rind of half a lemon, orange or tangerine, to the milk to be used in making pudding. Heat milk very slowly and remove flavouring before stirring in the grain. These flavourings can be dried and used over again.

2. Add any essence or grated nutmeg to taste, when the grain is cooked.

#### TO PREPARE ANY MILK PUDDING

Allow  $1\frac{1}{2}$  ounces of fine grain like ground rice, semolina, and 2 ounces coarse grain like barley or rice, per pint of milk when pudding is to be baked. Allow 4 ounces rice, etc., and 2 ounces semolina, etc., to 1 pint milk when pudding is to be moulded, and served hot. Allow 3 ounces rice, etc., and  $1\frac{1}{2}$  ounces semolina, etc., when pudding is to be turned out cold.

**RICE AND BARLEY.**—Thoroughly wash and place with cold milk in a saucepan. Cover closely and simmer from 1 to 2 hours.

**FARINA, GROUND RICE AND SEMOLINA.**—Sprinkle into boiling milk, and cook, stirring constantly for 5 minutes.

**ARROWROOT AND CORNFLOUR.**—Moisten with cold milk, then stir into remainder of milk which should be boiling. Boil for 3 minutes, stirring constantly.

**SAGO AND TAPIOCA.**—Wash, drain off water and steep in cold milk or water to cover for at least 1 hour, then drain well. Stir into boiling milk and cook from 6 to 8 minutes stirring constantly.

**MACARONI.**—Break into inch lengths. Throw into boiling milk or water. Cover and cook steadily for 30 or 40 minutes.

**VERMICELLI.**—Bring milk to the boil. Crush vermicelli in your hand, and sprinkle into the milk, stirring constantly. Cook for 5 minutes.

#### TO FINISH OFF MILK PUDDINGS

When grain is cooked, remove pan from fire, sweeten to taste, add one or two eggs, depending on whether you want the pudding plain or rich, then flavour, if the milk has not been flavoured (and flavouring removed).

**TO ADD EGGS.**—Either beat them lightly in, or separate yolks and whites, stir in yolks, then fold in the stiffly frothed whites. Or add yolks, and when the pudding has been baked, make the whites into a meringue, allowing 1 ounce castor or icing sugar to 1 stiffly frothed egg white.

**NOTE.**—Always sprinkle a little castor sugar on top of meringue before putting it in the oven.

#### TO COOK PUDDINGS

1. Place mixture in a buttered pie-dish. Bake in a moderate oven till set and light brown.

2. Pack mixture into a buttered pudding basin or mould. Cover with a buttered paper. Place in a saucepan, with boiling water coming half-way up the sides. Steam  $\frac{1}{2}$  an hour, remove mould from saucepan, stand a minute before turning on to a hot dish.

3. Turn mixture into a mould rinsed with cold water. Turn out when set. Serve with tinned fruit juice, heated and sharpened with lemon juice, or with melted raspberry or strawberry jam, thinned slightly with fruit juice.

#### POOR MAN'S RICE PUDDING

2 heaped tablespoons Rice.  
1 quart Milk.  
 $\frac{1}{2}$  teaspoon Salt.  
Marshmallows.

4 tablespoons Castor Sugar.  
1 tablespoon Butter.  
 $\frac{1}{2}$  teaspoon Vanilla.  
Grated Nutmeg.

Place rice in the bottom of a buttered pie-dish. Stir in sugar, salt and milk; add butter. Place dish in a very slow oven, and as soon as a slight skin appears over the milk, stir skin into the pudding. Keep stirring every 20 minutes until the rice softens, and is nearly cooked and the milk is thick and creamy, then dust pudding lightly with grated nutmeg. Cover pudding with marshmallows which have soaked in milk for two hours. Return dish to oven until marshmallows are partly melted and light brown.

## STEAMED PUDDINGS

### TO MAKE STEAMED PUDDINGS LIGHT

1. Fill mould only two-thirds full to allow the batter to rise as much as it wants.
2. Keep water boiling constantly and saucepan closely covered. If water boils away, add *boiling* water to replenish.
3. To prevent any chance of pudding burning, should you not be able to keep a close eye on water, stand pudding basins or moulds on a trivet or rack in saucepan.
4. When a steamed pudding is wanted in a hurry, cook in individual moulds or custard cups, covered with buttered paper.

### SAUCES FOR STEAMED PUDDINGS

Custard, sweet butter, lemon (with any steamed pudding). Jam (with sponge puddings). Tinned fruit juice, sweetened and boiled up with the grated rind of a lemon, strained and brought to the boil again. Hot maple or other syrup (with sponge and batter puddings).

### TO SERVE STEAMED PUDDINGS

Turn out on a hot dish, and either mask with the hot sauce, or serve it in a hot sauce boat. A steamed, spiced, suet pudding, like plum pudding, can be spiked in any design with split, blanched almonds, fried or baked in butter.

## TO STEAM RHUBARB

Wipe, and cut into inch lengths, rhubarb stalks of equal thickness. To 2 cups of rhubarb, allow 1 cup castor sugar. Place in the top of a double boiler with water boiling below. Cover and steam till rhubarb is tender. Remove pan from top of boiling water. Stand uncovered for 10 minutes, then pour into glass or other compote dish. If you do not have a sweet tooth use a little less sugar.

To vary this recipe, cook with rhubarb 1 piece of dried ginger, but remove before serving.

TO STEAM OTHER FRUITS.—Prepare as for stewing, and cook as in foregoing recipe.

### CHELSEA PUDDING

$\frac{1}{2}$ lb. Tart Apples.	$\frac{1}{2}$ lb. Finely-shredded Suet.
1 tablespoon Flour.	$\frac{1}{2}$ lb. Washed Currants.
$\frac{1}{2}$ lb. Brown Sugar.	3 oz. Fresh Breadcrumbs.
3 Beaten Eggs.	Juice of $\frac{1}{2}$ Lemon.
$\frac{1}{2}$ gill Milk.	Grated Rind of 1 Lemon.

For 4 persons.—Mix peeled and finely chopped apples, crumbs, flour, sugar, dried currants, suet, lemon juice and rind, eggs and milk together in a basin. Beat 10 minutes with a wooden spoon. Turn into a buttered pudding mould. Cover with buttered paper, then with a pudding cloth. Steam steadily for 3 hours.

### CHERRY PUDDING

$\frac{3}{4}$ cup Sugar.	$\frac{1}{2}$ cup Milk.	2 cups Stoned Cherries.
1 cup Flour.	1 Egg.	1 teaspoon Baking Powder.
$\frac{1}{2}$ teaspoon Salt.		1 tablespoon Melted Butter.

For 4 persons.—Put cherries into a bowl and sprinkle the sugar over them. Sift together the flour, salt and baking powder, and mix with egg, milk and melted butter. Pour over the cherries. Cover with greased paper and steam 1 hour. Serve with hot cream, hard sauce, or liquid sauce.

### COCOANUT PUDDING

4 oz. Butter.	$\frac{1}{2}$ oz. Flour.	4 oz. Sugar.
2 Eggs.	$\frac{1}{2}$ cup Milk.	$\frac{1}{2}$ teaspoon Baking Powder.
2 tablespoons Cocoanut.		Flavouring to taste.

For 4 persons.—Cream butter and sugar. Add egg yolks, milk, baking powder, flavouring to taste, and cocoanut. Stir in the stiffly beaten whites of eggs, pour into a greased mould, and steam 2 hours. Serve with jam sauce. Sometimes I add a little candied peel to the other ingredients.

### GINGER PUDDING

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ lb. Breadcrumbs.
6 oz. Chopped Beef Suet.	1 teaspoon Ground Ginger.
1 Egg.	2 tablespoons Golden Syrup.
$\frac{1}{2}$ teaspoon Baking Soda.	1 tablespoon Brown Sugar.

For 4 persons.—Warm milk, and stir in the syrup and egg. Beat a little, then mix in the other ingredients. Steam 2 hours in a well-buttered basin, covered with a well-buttered paper. Turn out and serve with custard sauce.

## GUARD'S PUDDING

2 Eggs.	$\frac{1}{2}$ lb. Flour.	2 or 3 tablespoons Milk.
$\frac{1}{2}$ lb. Butter.		1 tablespoon Raspberry Jam.
$\frac{1}{2}$ lb. Castor Sugar.		$\frac{1}{2}$ teaspoon Baking Powder.

For 4 persons.—Beat butter and sugar to a cream. Stir in jam. Beat in eggs, one at a time. Mix lightly, but well together. Sift baking powder with the flour. Stir lightly into other ingredients, adding milk as required. Pour into buttered mould. Cover with buttered paper. Tie down and steam 2 hours. Serve with vanilla cream, or jam sauce.

## OXFORD OR COLLEGE PUDDING

4 oz. Breadcrumbs.	4 oz. Suet.	Salt.
2 oz. Currants.	2 Eggs.	2 oz. Sultanas.
$\frac{1}{2}$ teaspoon Baking Powder.		Grated Nutmeg.
2 oz. Castor Sugar.		Ground Cloves, Cinnamon.

For 6 persons.—Chop suet finely. Clean and pick over currants and sultanas. Mix breadcrumbs with suet, fruit, sugar, and a pinch each of salt, ground cloves, ground cinnamon and grated nutmeg. Mix in baking powder. Beat eggs well and stir into dry ingredients. When thoroughly mixed, turn into greased dariole moulds. Either steam for 35 minutes or bake for 25 minutes. Serve with wine or brandy sauce.

## EMPIRE PLUM PUDDING

$\frac{1}{2}$ lb. Sifted Canadian Flour.	$\frac{1}{2}$ lb. South African Mixed Peel.
1 $\frac{1}{2}$ lb. Barbadoes Sugar.	$\frac{1}{2}$ teaspoon Ground Penang Cloves.
$\frac{1}{2}$ teaspoon Salt.	1 lb. Fresh Beef Suet.
$\frac{1}{2}$ lb. Breadcrumbs.	$\frac{1}{2}$ teaspoon Ground Penang Mace.
2 Canadian Apples.	1 lb. Australian Currants.
1 lb. South African Raisins.	10 Eggs.
$\frac{1}{2}$ Penang Nutmeg.	$\frac{1}{2}$ pint Cyprus Brandy.
1 lb. Australian Sultanas.	1 Jaffa Orange.
1 tablespoon Grapefruit Juice.	$\frac{1}{2}$ teaspoon Ground Cinnamon.
$\frac{1}{2}$ lb. Cape Mebos.	$\frac{1}{2}$ lb. Iraq Dates.

For 7 or 8 persons.—Sift flour and spices into a basin with salt. Add suet, shredded and finely minced, sifted breadcrumbs, sugar, washed and dried currants, cleaned, stoned and roughly chopped raisins, picked sultanas, chopped, stoned dates and chopped mebos, peeled, cored and chopped apples, chopped peel. Beat all dry ingredients well, then add the juice of the orange and half grated rind, and grapefruit juice, after stirring in well-beaten eggs. Lastly, mix in the brandy, adding a little more, if required. Cover closely, and stand 12 hours in a cool, dry place, to mellow

before boiling in the old-fashioned way in a scalded and floured pudding cloth, or in more modern style, in a buttered or oiled pudding basin, with a buttered paper on top. Boil for 8 hours, or steam in pudding mould placed in a saucepan, with enough boiling water to come half-way up the sides, for 9 hours. Always keep a kettle of water boiling on the side so that you can add boiling water to the pudding as required. Cold water must never be added. When required, stand pudding for a few minutes after removing from pan before turning out of cloth or basin. Store in a dry place where the air can get to it, till it is time to boil pudding again on Christmas Day. Serve with Van der Hum sauce.

## HOT RUM SAUCE

- |                     |                               |
|---------------------|-------------------------------|
| 1 gill Cold Water.  | 3 tablespoons Jamaica Rum.    |
| 2 oz. Castor Sugar. | 4 drops Vanilla.              |
| 1 Lemon Rind.       | 1 inch Cinnamon Stick.        |
| 1 teaspoon Cognac.  | 1 teaspoon Butter. Arrowroot. |

Place water, sugar, lemon rind, cognac, rum, butter, vanilla, and piece of cinnamon stick in a small saucepan. Mix well, bring to simmering point, then thicken with a saltspoon of arrowroot, dissolved in a little of the water kept back for the purpose. Simmer for 1½ minutes and strain into a hot sauce boat. Serve with plum pudding.

## SNOWBALLS

- |                            |                |
|----------------------------|----------------|
| ½ cup Butter.              | ½ cup Milk.    |
| 1 cup Castor Sugar.        | 2½ cups Flour. |
| 3 teaspoons Baking Powder. | 4 Egg Whites.  |

For 6 persons - Cream butter, and add sugar gradually. Stir in milk and flour sifted with baking powder. Fold in stiffly frothed whites of eggs. Steam 35 minutes in buttered cups. Serve with jam sauce.

## SPONGE PUDDING

- |                           |                                  |
|---------------------------|----------------------------------|
| 2 oz. Butter.             | 2 oz. Castor Sugar.              |
| ¼ lb. Flour.              | 1 Egg. Jam or Syrup.             |
| 1 teaspoon Baking Powder. | 3 teaspoons Milk, or use 2 Eggs. |

For 4 or 5 persons - Grease a mould or basin. Put a thick layer of marmalade, apricot jam, golden syrup or maple syrup at the bottom. Beat butter and sugar to a cream, then beat in the eggs one at a time. Stir in flour sifted with baking powder. Turn mixture into a buttered basin or mould, cover with a buttered paper, and steam 1½ hours.

## UNCLE TOM'S PUDDING

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ teaspoon Baking Powder.
$\frac{1}{2}$ lb. Butter or Suet.	$\frac{1}{2}$ teaspoon Ground Mace.
$\frac{1}{2}$ lb. Brown Sugar.	1 gill Golden Syrup.
Pinch of Salt	2 teaspoons Ground Ginger.
	1 gill Milk.

*For 4 persons.*—Sift dry ingredients into a basin. Stir in melted butter or finely shredded suet. Heat sugar, milk and syrup in a pan very slowly until the sugar is melted, then stir into the dry ingredients. Beat in a well-beaten egg, then turn mixture into a greased mould, filling it three-quarters full. Cover with buttered paper, and steam for 3 hours in boiling water coming half-way up the side of the basin. Serve turned out, cut in slices, with hot custard sauce.

## VIENNESE PUDDING

5 oz. Breadcrumbs.	3 oz. Sultanas.
$\frac{1}{2}$ pint Milk.	2 oz. Mixed Peel.
3 oz. Castor Sugar.	1 oz. Loaf Sugar.
2 Eggs.	$\frac{1}{2}$ gill Sherry.

*For 3 or 4 persons.*—Melt loaf sugar in a saucepan. Stir till it turns to caramel. Add milk. Let caramel dissolve. Mix cleaned sultanas, chopped peel, breadcrumbs and castor sugar in a basin. Add beaten eggs to milk and sherry. Scram over bread mixture. Soak  $\frac{1}{2}$  an hour. Steam in a buttered basin, covered with buttered paper, till firm. Serve with custard or sweet butter sauce.

## CUSTARDS

To make a good custard, you must mix eggs thoroughly, but it is not necessary to beat them till light. Bake custards in a moderate oven, at a temperature only high enough to set the eggs. If cooked at too high a temperature they will curdle.

NOTE.—I always find my custards bake more evenly if the mould or pie-dish is placed in a baking tin with hot water coming half-way up the dish or mould. If you bake custards in this way, never allow the water to boil, or the custard will be full of holes.

## TO MAKE CUSTARDS

Cup Custards.—Allow 1 egg to each cup milk.

Large Custards.—Allow 4 to 6 eggs to a quart of milk, if

you want to turn custard out after baking. If to be served from dish, allow 4 eggs to a quart of milk.

**TO MAKE A SIMPLE CUSTARD.**—Stir 1 pint new milk, with 2 teaspoons castor sugar over the fire till tepid. Place 2 lightly beaten eggs in a buttered pie dish. Stir in the milk and bake.

**TO TEST IF CUSTARD IS SET.**—Gently cut through centre with a silver knife. If the knife does not come out clean, let the custard bake a little longer.

### COFFEE CUSTARD

1 pint Milk.	2 tablespoons Ground Coffee.
Eggs.	$\frac{1}{2}$ cup Castor Sugar.
1 teaspoon Vanilla.	Pinch Salt.

**For 3 or 4 persons.**—Place coffee and milk in a saucepan. Bring slowly to the boil; strain off milk. Beat eggs slightly in a basin. Stir in sugar, salt, milk and vanilla. Strain into a buttered pie-dish, or individual moulds. Place in a baking tin of hot water, and bake till firm in a moderate oven—325 degrees Fahr.

### CREAM CARAMEL

$\frac{1}{2}$ cup Castor Sugar.	1 teaspoon Water.
$\frac{1}{2}$ cup Water.	2 cups Milk.
3 Eggs. 1 pinch Salt.	1 teaspoon Vanilla.

**For 3 or 4 persons.**—Melt sugar in a saucepan with teaspoon of water until it turns pale gold. Add  $\frac{1}{2}$  cup water, and continue cooking till thick and syrupy. Pour into plain mould, tipping it quickly from side to side, until the inside is thoroughly coated with caramel. Heat milk, with sugar, salt and vanilla, till tepid, then stir it into the slightly beaten eggs. Mix well, and pour gently into prepared mould. Place mould in a baking tin of hot water, lay a buttered paper on top, and bake slowly for about 1 hour at a temperature of 325 degrees Fahr. until firm. Cool before turning on to a serving dish. Serve with Devonshire or whipped, sweetened cream flavoured with Maraschino, vanilla or rum.

**TO VARY CREAM CARAMEL.**—Prepare and serve as above, but sprinkle with  $\frac{1}{2}$  cup minced, blanched and roasted almonds.

### BUTTERMILK CUSTARD

3 Eggs.	1 $\frac{1}{2}$ cups Buttermilk.
1 teaspoon Vanilla Essence.	1 $\frac{1}{2}$ cups Sugar.
3 tablespoons Flour.	$\frac{1}{2}$ glass any Jelly.

Cinnamon.



*For 4 persons.*—Put 2 eggs and the yolk of the other in a basin. Add buttermilk, vanilla essence, sugar and flour, and beat to a smooth batter. Then pour into custard cups, set cups in a pan of warm water and bake in a slow oven until firm in the centre. Remove and cool. Make a whip with the remaining egg white and jelly—black currant is very nice—and beat to a stiff meringue. Pile on each custard, and serve very cold, dusted with cinnamon.

### CARAMEL CUSTARD

5 Eggs.	$\frac{1}{2}$ teaspoon <i>Salt</i> .
4 cups Milk.	$\frac{1}{2}$ cup Sugar.
1 teaspoon <i>Vanilla</i> .	

*For 6 persons.*—Scald the milk. Put the sugar in a pan and stir constantly over the fire until melted to a light brown syrup. Gradually add to the milk, but make sure that the milk does not bubble up and go over, then add mixture gradually to the beaten eggs. Stir in salt and flavouring, then strain into a buttered mould. Bake like an ordinary custard, then chill and serve with the following sauce: Melt  $\frac{1}{2}$  cup sugar as previously described, add  $\frac{1}{2}$  cup boiling water, then boil 10 minutes. Cool before serving.

### ORANGE CUSTARD

3 Egg Yolks.	$\frac{1}{2}$ cup Orange Juice.
1 Egg White.	Grated Rind of 1 Orange.
$\frac{1}{2}$ cup Sugar.	$1\frac{1}{2}$ cups Milk.
<i>Pinch Salt.</i>	

*For 3 or 4 persons.*—Beat yolks and whites of eggs till light and creamy, then add sugar, salt, orange juice and rind. Scald milk in a double boiler, and pour it gradually over the egg mixture. Fill custard cups with the mixture, place them in a pan of hot water, and bake in a moderate oven till custard becomes firm. Remove from oven and cool before turning out and topping with whipped, sweetened cream, flavoured to taste with orange flower water.

## STEWED FRUITS AND COMPÔTES

### APPLES

1. Baked.—Wipe and core tart apples, place in a fireproof dish. Stuff each with brown sugar, allowing 1 tablespoon of water per apple. Bake in a hot oven till soft, but unbroken, from 20 to 30 minutes.

2. Baked apple purée.—Peel, quarter and core 6 tart apples. Pour over  $\frac{3}{4}$  cup castor sugar, and the same quantity of water or tinned pineapple juice. Cover closely till apples are soft and deep red.

3. Apple compôte.—Peel, quarter, and core 6 large tart apples. Boil 1 cup of castor sugar and 1 cup of water together for 7 minutes until a syrup. Add apples, and simmer (covered) till tender but unbroken. Remove carefully to serving dish. Bring syrup to the boil and boil for 2 minutes, then pour over apples.

#### CRANBERRIES

1. Baked.—Pick, wash, and drain 4 quarts large sound cranberries and measure 4 quarts castor sugar. Place a tablespoon hot water in an earthenware jar or casserole, then fill up with alternative layers of berries and sugar. Sugar should be last. Cover closely. Bake in a very slow oven for 2 hours. Store in a cool, dry place, and use for garnishing cold sweets.

2. Compôte.—Put 1 quart of picked cranberries on to boil with enough cold water to cover them. Cover with a lid, and cook for about 5 minutes, then add  $\frac{1}{2}$  quart tinned strawberries, 1 cup castor sugar, and stew, covered, for 5 minutes. Chill, and serve with cream.

#### FIGS

Compôte.—Wash and stem 1 pound dried figs. Place in a saucepan, just cover with cold water, then add the juice and rind of  $\frac{1}{2}$  lemon, and 1 large piece of dried ginger. Cover and stew till figs are soft, when lift with a strainer. Measure syrup, return it to saucepan with half its quantity of castor sugar. Cook slowly till thick. Stir in 1 tablespoon lemon juice and chill. Serve with Devonshire or whipped cream.

#### TO STEW OTHER DRIED FRUITS

Wash  $\frac{1}{2}$  pound and drain, then soak in a quart of cold water overnight. Put to boil in the water they were soaked in, and a strip of lemon rind. Cook, covered, till soft, then add  $\frac{1}{4}$  cup castor sugar to every 2 cups of dried fruit (uncooked). Cover and cook 5 minutes longer.

#### TO STEW FRESH FRUIT

Allow to every 1 pound fruit,  $\frac{1}{4}$  pound castor sugar and 1 gill of water. If fruit is very sweet you can do with less sugar. Peel, core and quarter apples, top and tail gooseberries.

Stalk cherries and plums, and stone plums also, if liked. Bring sugar and water to the boil, add fruit, cover, and stew very gently till tender.

## COLD PUDDINGS

Under cold puddings come cold sweets with fruit bases, jellies, trifles, etc. (See also CUSTARDS).

### TO MAKE A BLANC MANGE

Mix the cornflour, or prepared powder, with enough of the cold milk allowed, to make a thin paste. Heat the remainder of the milk with sugar to boiling point and stir into the paste. Return to saucepan, or the top of a double boiler and cook, stirring constantly till thick. Allow  $1\frac{1}{2}$  to 2 ounces cornflour, and 1 to 2 ounces sugar to 1 pint of milk, if not following directions on any packet. Before pouring into a wet mould, flavour to taste with vanilla or other essence.

**TO MAKE A RICH BLANC MANGE**—Add 1 beaten egg or 2 yolks, and the stiffly frothed whites to the above mixture, as soon as the pan comes off the fire. Sometimes I add a pat of butter to the mixture while cooking.

**TO MAKE A FRUIT CORNFLOUR MOULD**—Add to the first or second mixture, 2 ounces chopped pineapple, sliced bananas, or diced, drained, tinned peach or pear.

**TO MAKE A CHOCOLATE MOULD**—Add to either of the above mixtures 2 ounces grated chocolate while cooking, and vanilla to taste. See that the chocolate is thoroughly melted.

### TO MAKE CREAMS

Allow roughly  $\frac{1}{4}$  ounce gelatine to  $\frac{1}{2}$  pint thick cream. Use instantaneous gelatine, or leaf or ordinary powdered gelatine, if you like, but it must be softened by soaking in cold water, and dissolved in hot liquid or over hot water.

**NOTE**—Keep gelatine lukewarm. Add it last of all, straining it in and stirring as you strain. If gelatine is too cold when you add it, it begins to set at once, therefore you do not get a smooth cream.

As soon as gelatine is added to cream, pour into a wet mould, *in case it should start to set before moulding*.

### TO MAKE JELLIES

Allow  $1\frac{1}{2}$  ounces gelatine to 1 quart liquid. If not using

instantaneous gelatine, soften gelatine in cold water, and then dissolve in hot water. In hot weather allow a little more gelatine.

**TO CLEAR JELLIES.**—Wash and remove the inside film from two or three egg shells, then crush the egg shells and add them to the liquid. The gelatine should be completely dissolved, and the mixture just warm. Add the whites of eggs along with the shells. Whisk over the fire until mixture boils up. Cover and stand for  $\frac{1}{4}$  hour before straining through a jelly bag.

**NOTE.**—If all the utensils used in clearing jelly are not scrupulously clean, if the egg shells have not been washed carefully, or if the jelly is stirred while straining, it will cloud.

**TO PREPARE A JELLY BAG.**—Pour boiling water through it and squeeze well afterwards, then pour in the jelly and when a little is strained through, pour it through the bag again as it is apt to be thin. If not clear, strain twice. Keep jelly in a warm place, otherwise it will set before it is all strained through.

**TO PREPARE MOULDS FOR JELLY.**—Rinse first with boiling water and then with cold. If using copper moulds, clean and dry thoroughly, then rub over with a piece of tissue paper dipped in salad oil, but take care not to use too much oil, or it will cloud jelly.

**TO UNMOULD JELLIES.**—Dip mould quickly in a basin of warm water. Wipe it dry with a cloth. Shake very gently, place dish on which mould is to be served over the top, and turn them over together. If jelly still refuses to un mould, rub mould with a cloth wrung out in hot water.

**TO DECORATE JELLIES.**—Pour into moulds a very little clear jelly, and allow it to harden. Arrange over jelly a design, a mixture of fruit, nuts, etc., such as slices of bananas and walnuts, or seeded grapes and chopped pistachio nuts. Pour in carefully a little more liquid jelly, and let it congeal to hold the design in place before filling the mould. If you wish to decorate the sides of the mould, dip the decorations in liquid gelatine, press into position, and allow to set before filling the mould. If you find it difficult to make the side decorations adhere in this way, decorate sides of mould like the bottom. If you have an ice-making refrigerator, place mould in refrigerator to set decorations. You can also hasten this process by standing mould to set in a basin of crushed ice.

**TO MAKE FLUMMERY.**—Melt any left-over jelly, flavour to taste, leave till nearly cold and set, then whisk for about 10 minutes, and mould before it is quite cold. Serve turned out on a pretty dish, decorated with whipped sweetened cream.

**TO MAKE A MILK JELLY.**—Melt a packet of jelly in a saucepan. Remove pan from fire, and when jelly is tepid, slowly stir in cold milk in place of the quantity of water given in the instructions.

### SUMMER PUDDING

$\frac{1}{2}$  lb. Red Currants.

Slices of Bread  $\frac{1}{2}$  in. thick.

$\frac{1}{2}$  lb. Raspberries.

Sugar.

Pick over fruit and stew till tender in a little water, then sweeten to taste. Line the bottom and sides of a buttered basin with slices of bread. Rub fruit through a sieve and pour some into basin. Cover with slices of bread, then pour over remainder of fruit. Cover with a round or slices of bread. Stand a small plate on top of basin with a heavy weight on it to press the pudding into shape. Stand till next day, then turn out carefully. Serve with custard or cream. If liked, you can stew double the quantity of fruit given and pour half over the pudding when turned out.

### TIPSY CAKE

8 Sponge Cakes.

1 pint Hot Custard Sauce.

Madeira or Sherry.

2 leaves Gelatine.

2 tablespoons Blanched Almonds.

Glacé Cherries.

Raspberry Jam.

*For 6 persons.*—Split sponge cakes and spread thickly with jam. Replace halves and arrange in glass dish to look like a large cake. Sprinkle with Madeira or sherry very carefully till soaked through. Soften gelatine with a little cold water, then stir into the custard sauce. When custard is cool, pour over sponge cake and leave till cold. Decorate with split almonds and glacé cherries.

### HONEYCOMB MOULD

1 pint Milk.

Juice and Rind of 1 Lemon.

3 oz. Castor Sugar.

$\frac{1}{2}$  oz. Gelatine.

3 Eggs.

*For 4 persons.*—Soften gelatine in the milk. Beat egg yolks. Stir in sugar. Grate and add lemon rind. Stir into

the milk. Pour into a saucepan. Bring slowly to the boil. Boil for 3 minutes, stirring constantly. Remove pan from fire. Beat egg whites to a stiff froth. Fold into mixture. Strain and stir in lemon juice. Chill in a mould. When turned out, serve with stewed or tinned fruit.

### JUNKET

1 quart Milk.	1 <i>teaspoon Rennet or 1 Junket</i>
2½ oz. Castor Sugar.	<i>Tablet.</i>
½ <i>teaspoon Vanilla Essence.</i>	<i>Grated Nutmeg.</i>
	<i>Few Grains Salt.</i>

*For 4 to 6 persons.*—Heat milk to blood heat in the top of a double boiler. Add salt, sugar and essence, and stir in rennet or junket tablet. If you use the latter, dissolve it in a tablespoon of tepid water before adding. Pour mixture into a large dish or individual dishes. Stand in a warm place till junket sets, then chill. Sprinkle with **grated nutmeg** before serving with stewed or canned fruit.

### FRUIT FOOL

½ *pint Fruit Pulp.* | ½ *pint Custard Sauce or Cream.*

*For 3 persons.*—Make fruit pulp from rhubarb, gooseberries, apricots, bananas or any other fresh or canned fruit. If you are using rhubarb, wipe sticks and cut into equal-sized pieces. If you are using gooseberries, top and tail them. Place fruit in a saucepan with just enough water to prevent burning. Cook till soft. Add sugar to sweeten. Rub fruit through a sieve with the back of a wooden spoon into a basin. Remember not to cook the fruit till it is smashed, but just until soft, as fruit loses its flavour if cooked too much. If using canned fruit, be careful to drain the liquid off before putting it through the hair sieve. When fruit pulp is quite cold, fold in the custard or whipped cream, or half custard and half whipped cream. Serve in a large glass bowl, custard cups or in tall sundae glasses. Decorate with blobs of whipped, sweetened cream.

### BANANA MOUSSE

½ <i>tablespoon Gelatine.</i>	1 <i>cup Castor Sugar.</i>
1 <i>cup Mashed Bananas.</i>	3 <i>Egg Whites.</i>
<i>Cold and Boiling Water.</i>	<i>Juice of 1 Lemon.</i>

*For 4 persons.*—Soften gelatine in ½ cup of cold water, and the same quantity of boiling water, and sugar, and stir

over a slow heat till sugar and gelatine are dissolved, then strain in the banana pulp, stirring all the time. Return to saucepan. Heat to boiling point but do not boil. Cool, stir in the lemon juice, and beat until light and cold, then beat in gradually the stiffly frothed egg whites. Turn into a wet mould, lined with slices of banana. Turn out on to a crystal dish when cold. Serve decorated with whipped cream and banana slices.

### FRUIT SPONGE

$\frac{1}{2}$ oz. Gelatine.	1 large Lemon, or Orange, or
$\frac{1}{2}$ pint Water.	2 Mandarins.
$\frac{1}{2}$ cup Castor Sugar	2 Egg Whites.

*For 3 persons.*—Steep gelatine and fruit rind, thinly pared, in water till gelatine is soft, then stir over heat until gelatine is dissolved. Strain and cool. Beat egg whites to a stiff froth, then gradually beat in the fruit juice, sugar and gelatine, and keep on beating till set. Turn into a wet mould. Turn out when set. You can substitute grapefruit for the lemon, if liked, and sponge can be enriched by adding  $\frac{1}{2}$  a cup whipped cream last thing.

### BERRY BAVAROIS

$1\frac{1}{2}$ cups Berry Juice.	$\frac{1}{2}$ pkt. Granulated Gelatine.
1 cup Sugar.	Juice of $\frac{1}{2}$ Lemon.
$2\frac{1}{2}$ cups Thick Cream.	Raspberry Brandy.
	Green Colouring.

*For 6 persons.*—Soak the gelatine in  $\frac{1}{4}$  cup raspberry juice for 20 minutes then dissolve over hot water. Heat remainder of the raspberry juice till boiling, with lemon and sugar. Add gelatine and set mixture in a bowl of ice water, then stir until it begins to thicken. Add 1 cup thick whipped cream, and beat until evenly mixed with a wooden spoon. Turn mixture into a fancy mould and chill thoroughly. Beat remainder of the cream until solid, add raspberry essence to flavour, and a little leaf green colouring drop by drop to whipped cream, beating continually. Turn cream on to serving dish and garnish with tinted whipped cream.

### BERRY SAUCE

Pick over freshly picked berries. Mash and stand overnight. Strain through a fine sieve to remove seeds. For each quart of pulp allow 2 cups sugar. Stir over low fire until sugar is dissolved, then boil quickly for 12 minutes. Store in glass jars and use when fresh berries are not obtainable.

## CHOCOLATE MOULDS

- |   |  |
|---|--|
| <i>4 tablespoons Cocoa.</i>                     | <i>1 cup Castor Sugar.</i>                     |
| <i>1 quart Milk.</i>                            | <i>2 tablespoons Gelatine.</i>                 |
| <i><math>\frac{1}{2}</math> cup Cold Water.</i> | <i><math>\frac{1}{4}</math> teaspoon Salt.</i> |
| <i>2 teaspoons Vanilla Essence.</i>             |  |

*For 6 persons.*—Mix the gelatine with  $\frac{1}{2}$  cup cold milk, and allow to stand for 5 minutes. Stir together the sugar, cocoa and water, and cook for 3 minutes. Bring milk almost to boiling point, add to cocoa mixture, stir in gelatine and salt. When mixture is cool, add vanilla, then put into individual moulds, and when set, serve with milk, or cream.

## MARSHMALLOW AND PINEAPPLE SURPRISE

- |   |   |
|---|---|
| <i>One 1-lb. Sponge Cake.</i>                     | <i>1 tin Pineapple Slices.</i>                      |
| <i><math>\frac{1}{4}</math> lb. Marshmallows.</i> | <i><math>\frac{1}{2}</math> cup Cream. Walnuts.</i> |
| <i>2 teaspoons Sugar.</i>                         |   |

*For 6 persons.*—Cut out the centre of the sponge cake, leaving a wall about an inch thick. Dice the pineapple and squeeze out as much of the juice as possible, then add the marshmallows, cut into small pieces. Stiffly whip the cream, and add the sugar. Keep the pineapple mixture and whipped cream very cold, and just before serving, mix the cream and pineapple together. Fill the cavity in the sponge cake with this mixture, and decorate with walnuts.

## ATHOLE SOUFFLÉ

- |   |   |
|---|---|
| <i>4 to 6 oz. Castor Sugar.</i>                     | <i>3 Eggs.</i>                                |
| <i>2<math>\frac{1}{2}</math> Lemons.</i>            | <i><math>\frac{1}{4}</math> oz. Gelatine.</i> |
| <i><math>\frac{1}{2}</math> pint Whipped Cream.</i> | <i>3 tablespoons Water.</i>                   |

*For 4 persons.*—Put yolks of eggs, sugar, and grated rind and juice of lemons in a double boiler. Whisk till nearly boiling over simmering water. Strain into a basin. Allow to get cold, then stir in whipped cream. Melt gelatine in water, and strain into mixture. Lastly add stiffly frothed whites of eggs. Let mixture set creamily before pouring into a soufflé dish with a band of paper tied round. When firm remove paper, shake crumbled ratafias on top and serve.

## ORIENTAL CREAM

- |  |                        |
|--|------------------------|
| <i>4 Eggs.</i>                           | <i>4 oz. Sugar.</i>    |
| <i>1<math>\frac{1}{2}</math> Lemons.</i> | <i>1 oz. Gelatine.</i> |

*For 2 or 3 persons.*—Beat the yolks with the sugar, then add the stiffly beaten whites. Dissolve the gelatine in  $\frac{1}{2}$  pint of water. When cool, strain the juice of the lemons,



into the eggs and whisk together. Pour into a glass dish and allow to set. Spread apricot jam on top and serve decorated with whipped cream.

### PINEAPPLE CHARLOTTE RUSSE

$\frac{1}{2}$ pint Grated Pineapple.	$\frac{1}{2}$ cup Castor Sugar.
1 tablespoon Lemon Juice.	$\frac{1}{2}$ cup Marshmallows.
1½ tablespoons Gelatine.	$\frac{1}{2}$ cup Cold Water.
$\frac{1}{2}$ cup Cream.	

*For 5 or 6 persons.*—Chop marshmallows, and add them to the cream, stiffly whipped. Soften gelatine in cold water, then heat pineapple, sugar, lemon juice and soaked gelatine together. Remove from fire, leave till cold, then stir till the mixture begins to thicken, when fold in the marshmallow cream. Line a glass dish or tall glasses with strips of sponge cake, or sponge fingers, and pile the mixture lightly up in the centre.

### PINEAPPLE SPONGE

1½ tablespoons Gelatine.	2 tablespoons Cold Water.
1½ cups Pineapple Juice.	2 Egg Whites.
$\frac{1}{2}$ cup Sugar.	Whipped Cream.

*For 4 persons.*—Pour cold water over gelatine and set aside for 10 minutes. Scald one half of the pineapple juice. Add sugar, and softened gelatine. Stir until both are dissolved. Add remaining pineapple juice, and cool until mixture begins to thicken. Add beaten egg whites and whisk until stiff. Pile in tall glasses, and serve decorated with sweetened whipped cream and chopped pineapple.

### TRIFLE

6 Sponge Cakes.	4 oz. Macaroon Biscuits.
4 oz. Ratafias.	2 tablespoons Apricot Jam.
1 gill Sherry.	2 tablespoons Raspberry Jam.
1 gill Brandy.	2 oz. Shredded Almonds.
$\frac{1}{2}$ teaspoon Vanilla Essence.	3 gills Thick Custard.
$\frac{1}{2}$ pint Thick Cream.	1 tablespoon Castor Sugar.

*For 6 persons.*—Divide each cake into 3 pieces. Spread alternately with apricot and raspberry jam. Press the pieces together again, then cut in strips. Arrange in a glass dish. Place the macaroons and ratafias here and there between the pieces of cake. Sprinkle with almonds, then with brandy and sherry. Stand till all the liquid is absorbed by the cakes, then cover with the custard. When set, whip the cream stiffly, and stir in the sugar and vanilla. Colour a pale pink

with cochineal, if liked. Decorate the trifle with cream, halved glacé cherries, and strips of angelica. Serve very cold.

### RICE SNOW

$\frac{1}{2}$ lb. Marshmallows.	2 cups Cold, Cooked Rice.
Sugar to Taste.	1 cup Heavy Cream.
2 cups Diced, Mixed	Pineapple and Orange.

*For 6 to 8 persons.*—Mix the rice with the cream, then add the fruit, sweetened to taste, and the marshmallows cut into small cubes. Add enough orange or pineapple juice to make mixture very soft, *but not sloppy*, then serve heaped on a glass dish.

### ROTHER GREUTZE

2 quarts Currants.	1 quart Raspberries.
1 Lemon. Sugar.	1 cup Sago or Tapioca.

*For 8 persons.*—Mix berries, currants and grated rind of the lemon with enough water to cover all thoroughly. Cook 20 minutes and strain, then add sugar to taste. Add sago or tapioca, then cook for 10 to 15 minutes longer, stirring constantly. Serve cold with thin custard sauce. Cornflour may be used instead of sago or tapioca.

### RASPBERRY CHARLOTTE RUSSE

$\frac{1}{2}$ cup Cold Water.	2 tablespoons Gelatine.
$\frac{3}{4}$ cup Sugar.	1 $\frac{1}{2}$ cups Strained Raspberry Pulp.
1 $\frac{1}{2}$ cups Thick Cream.	Sponge Fingers.
	1 teaspoon Orange Essence.

*For 5 or 6 persons.*—Soak the gelatine in water, then dissolve over hot water. Cool slightly and add to the raspberry pulp and juice, sugar, and orange essence. Set dish in a bowl of shaved ice, and stir constantly until mixture thickens, then fold in the cream, whipped till stiff. Turn into individual moulds lined with thin slices of sponge cake, or lady fingers, cut to fit moulds. Chill, turn out, and serve.

### STRAWBERRY AND MARSHMALLOW CREAM

2 tablespoons Gelatine.	$\frac{1}{2}$ cup Castor Sugar.
1 tablespoon Lemon Juice.	$\frac{1}{2}$ cup Walnuts.
$\frac{1}{2}$ cup Cold Water.	6 Marshmallows.
2 tablespoons Icing Sugar.	2 cups Strawberries.
	$\frac{1}{2}$ pint Whipped Cream.

*For 4 or 5 persons.* Soak the gelatine in cold water. Place berries in a pan, and let the juice flow from them before adding softened gelatine, castor sugar, and lemon juice. Stand till beginning to thicken, then add half the cream

stiffly whipped. Place in a border mould, and turn out when stiff. Beat the remainder of the cream. Add icing sugar, minced marshmallows, and walnuts. Pile up in the centre of the cream.

### WALNUT BLANC MANGE

1½ cups Boiling Water.  
 ½ cup Stoned Raisins.  
 ½ cup Cold Water.  
 ½ teaspoon Vanilla Essence.

1½ tablespoons Cornflour.  
 1 cup Light Brown Sugar.  
 Pinch Salt.  
 ½ cup Walnuts.

*For 6 or 7 persons.*—Cook the raisins for 10 minutes in boiling water, then add sugar, cornflour, mixed with cold water and salt, and cook until the mixture thickens, stirring constantly. Put mixture in the top of a double boiler, cook 15 minutes, then add vanilla and walnuts. Serve cold with whipped cream, if liked.

## FROZEN SWEETS

### THE A.B.C. OF ICE CREAM

**BISCUITS GLACÉS.**—Rich ice cream packed into square brick-shaped moulds, and packed in ice and salt till firm, then cut into biscuits. Sometimes the mixture is frozen in paper cups.

**BOMBES.**—Are “bomb” shapes of ice cream, usually composed of two or more different kinds of ice cream.

**BRICKS.**—Sold in different sizes and flavours. Can be used for making any sundaes and fancy ice puddings for which vanilla ice cream is required.

**COUPES.**—Cream or water ices, accompanied by fruit and served in special glasses, decorated.

**FRAPPES.**—Partly frozen water ice, of a coarse texture.

**MOUSSES.**—Whipped cream sweetened and flavoured, and frozen without stirring.

**PARFAITS.**—Whipped cream flavoured, then mixed with a sugar syrup, beaten into the yolks or whites, or both yolks and whites, of eggs, frozen without stirring.

**SHERBET.**—A milk or water ice, to which egg white or gelatine has been added before freezing.

**SORBET.**—Is a fruit water ice, mixed with stiffly frothed egg whites, and served in sorbet glasses, usually between the entrée and the roast. *A habit I sternly disapprove of.*

**SOUFFLÉS GLACÉS (Iced Soufflé).**—An iced soufflé mixture frozen in special cases.

## EQUIPMENT FOR FREEZING SWEETS

*A Freezer (for cream or water  
ices and sherbets).*

*Covered Ice Moulds (for mousses  
and parfaits).*

*An Ice Pick.*

*An Ice Scoop.*

It is also possible to freeze ice cream in a tray of an ice-making refrigerator. A book of instructions accompanies every refrigerator.

## TO FREEZE CREAM

The mixture must be cold. Place it in the can, filling up until two-thirds full. *The can must not be fuller, as ice cream swells as it freezes.* Adjust dasher and cover in place, and make certain that each part is properly adjusted before you pack the ice and salt round the can. Holding the can straight, with the pivot in the socket of the pail, pack round it broken ice and rock salt, in the proportion of 3 parts of broken ice to one part of salt. Fill pail with the ice and salt. Stand for 3 or 4 minutes to let the mixture become quite cold, then turn the dasher slowly and regularly till mixture begins to freeze. You can tell when it reaches this stage by the resistance it offers, then stir more rapidly till stiff. Now remove the crank and dasher; scrape the cream down solidly into the can. Cover, and fill the hole in the cover with a cork or plug of soft paper.

**NOTE** — If fruit is to be added to ice cream, stir it in when you feel the cream is thickening about half-time. Ice cream usually takes about 20 to 25 minutes to freeze.

Pour off the brine in the pail, and repack with ice and salt, using salt and ice in proportion of 1 to 4. Cover with a sheet of newspaper (two or three thicknesses) or a blanket, then with ice. Stand in a cool place for two or three hours to ripen.

**NOTE.**— When making ice cream, remember the following hints :

1. To make a smooth cream add 1 teaspoon gelatine to each quart of milk and cream.
2. Pack frappe, mousse or parfait with 2 parts of ice and 1 of salt.
3. Use only freezing salt. Table salt will not do.
4. Ice should be chopped to about the size of a walnut.
5. No matter how much mixture you are freezing, the tub or pail must be packed to the top with salt and ice.
6. Always remember to wipe the top of the can carefully with a cloth to make sure that none of the salt and ice

comes in contact with the cream, *before* you remove the dasher or pack down the ice cream.

#### TO MOULD ICE CREAM

As soon as ice cream is stiff in the can, remove it and pack carefully into a chilled mould, taking care that no air spaces are left in the mould. Fill to overflowing, cover with a paper greased with fresh butter, then cover tightly with mould cover. Seal round the edge with a strip of muslin dipped in melted butter. Pack in ice and salt, 4 parts of ice to 1 of salt, for 1 hour.

**TO MOULD DIFFERENT ICE CREAMS.**—Either arrange in layers in a mould, or line mould with one variety and fill centre with another.

**TO FREEZE MOUSSE OR PARFAIT.**—Fill mould to overflowing. Place a piece of buttered paper on top and cover tightly. Seal edge with a strip of cloth dipped in melted butter and bury completely in 2 parts ice to 1 of salt, for 2 or 3 hours.

#### TO SERVE ICE CREAM

Given ice cream, bought or home-made, you can turn out the most fascinating frozen sweets. Sometimes I scoop ice cream out in balls and after dipping them in freshly grated cocoanut or in chopped pistachio nuts or walnuts, I arrange them in a dish lined with strawberry leaves or geranium leaves and serve them at once. Again, I stuff meringue shells with ice cream and either put two shells together with ice cream filling protruding, and dipped in chopped nuts, or decorate the filled half-shells with berries and whipped cream.

If you are good at making meringues you could have vanilla ones filled with chocolate ice cream, and chocolate ones filled with vanilla ice cream. If not, buy the meringues or crush a little meringue over ice cream, arranged in tall glasses on a layer of crushed, sweetened berries, or pineapple. You can also make ice cream go a long way as follows:—

1. Hollow out the inside of a tower sponge cake until you have a cake case with  $\frac{3}{4}$ -inch walls. Fill with ice cream, and sprinkle with chopped maraschino cherries, or crushed macaroons.

2. Use it as a filling for thin layers of sponge cakes, and spread sandwich on top with apricot, raspberry or strawberry jam.

3. Stuff tinned peaches with it and sprinkle with chopped nuts.

4. Turn it into sundaes.

5. If you make ice cream in the trays of a refrigerator, bake a Victoria sandwich mixture in a buttered tin twice the size of your refrigerator tray and when cake is cold, cut it into two pieces just the size of the tray. Put the pieces together with the ice cream between. Serve either with picked berries or crushed sweetened fresh fruit, or with chocolate sauce or coffee butterscotch sauce.

#### VICTORIA SANDWICH

4 Eggs.	1 cup Castor Sugar.
1 cup Water.	1 cup Flour.
$\frac{1}{2}$ teaspoon Salt.	1 teaspoon Baking Powder.
$\frac{1}{2}$ teaspoon Vanilla.	$\frac{1}{2}$ teaspoon Lemon Juice.

Beat yolks and whites of eggs separately. Stir sugar and water gradually into the yolks. Beat till light and thick, then fold in flour, sifted with baking powder and salt. Fold in egg whites, then stir in vanilla essence and lemon juice. Bake from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour in a buttered baking tin or in layer cake tins if the shape of the cake does not matter.

#### SIMPLE SUNDAES

Allow a quart of ice cream for nine persons, then put a scoop on each plate or in each glass, and finish in any of the following ways :

1. Pour over each a tablespoon of coffee butterscotch sauce and sprinkle with crushed meringue or home-made praline powder, made by cooking 2 cups castor sugar till it turns into caramel, then adding a cup of blanched almonds and stirring them into the caramel for a few moments before cooling and rolling into powder.

2. Pour a tablespoon of honey over each, then sprinkle with chopped nuts.

3. Pour 2 tablespoons hot coffee over a portion of vanilla ice cream.

4. Melt  $\frac{1}{2}$  a pound marshmallows in a double boiler, add 2 cups icing sugar, and  $\frac{1}{2}$  cup water. Stir till smooth, when bring to boil and pour over chocolate or coffee ice cream.

5. Boil  $\frac{3}{4}$  cup castor sugar and  $\frac{1}{2}$  cup water for 10 minutes. Cool, and stir into 1 pint crushed berries, and use with lemon or vanilla ice cream.

6. Peel and slice 4 bananas and place in the bottom of

9 sundae glasses. Put a spoonful of pineapple juice over each and divide the ice cream between the glasses. Decorate with a ring of angelica.

#### EASIER-TO-MAKE SUNDAES

Use with vanilla ice cream. Cover each scoop with the following :

1. Crushed pineapple, then whipped cream and top with a berry or cherry.
2. Two tablespoons maple or chocolate syrup, and whipped cream, sprinkled with chopped nuts.
3. Two tablespoons crushed berries, grated cocoanut, or crushed meringue.
4. Chopped dates, nuts and figs, in equal quantity, moistened with maple syrup, then with cream and chopped marshmallows.

#### SAUCES TO SERVE WITH ICE CREAM

##### CHOCOLATE SAUCE

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 oz. Chocolate.                 | 1 cup Castor Sugar.             |
| 1 tablespoon Butter.             | $\frac{1}{2}$ teaspoon Vanilla. |
| $\frac{1}{2}$ cup Boiling Water. |                                 |

Melt chocolate in saucepan. Add butter and stir till blended when stir in boiling water gradually. Add sugar, boil till thick, then cool slightly and add vanilla essence.

##### COFFEE BUTTERSCOTCH SAUCE

- |                                 |                              |
|---------------------------------|------------------------------|
| 1 cup Castor Sugar.             | 1 cup Coll Coffee.           |
| 1 tablespoon Butter.            | $\frac{1}{2}$ teaspoon Salt. |
| $\frac{1}{2}$ teaspoon Vanilla. |                              |

Boil sugar, coffee, butter and salt together for 3 minutes. Cool, stir in vanilla and use, with vanilla ice cream.

#### CHOCOLATE ICE CREAM

- |                     |                                       |
|---------------------|---------------------------------------|
| 1 pint Cream. Milk. | $\frac{1}{2}$ cup Castor Sugar.       |
| 1 teaspoon Vanilla. | $\frac{1}{2}$ cup Chocolate or Cocoa. |
| Pinch Salt.         |                                       |

For 4 persons.—Put chocolate or cocoa with half the sugar and a little water or milk in a double boiler. Heat over boiling water, stirring constantly till a smooth syrup is formed. Cool, and add with remainder of sugar to the cream. Add flavouring and freeze.

#### RASPBERRY ICE CREAM

- |                     |   |
|---------------------|---|
| 1 pint Cream.       | $\frac{1}{2}$ cup Crushed Raspberries.            |
| 1 teaspoon Vanilla. | $\frac{1}{2}$ cup Sugar. $\frac{1}{2}$ cup Sugar. |

*For 4 or 5 persons.*—Crush berries through a sieve to remove seeds. Sprinkle with  $\frac{1}{4}$  cup sugar. Mix sugar, cream and vanilla together. Freeze. Add crushed fruit when mixture is almost frozen. Any fruit may be used in this way, the amount of sugar being varied according to the sweetness of the fruit. Sieve any fruits with seeds.

### STRAWBERRY ICE CREAM

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 quart Strawberries.           | $1\frac{1}{4}$ cups Castor Sugar. |
| $1\frac{1}{2}$ cups Rich Cream. | Pinch Salt.                       |
| $\frac{1}{4}$ teaspoon Vanilla. | $1\frac{1}{2}$ cups Milk.         |
| Whites of 4 Eggs.               |                                   |

*For 6 persons.*—Wash, pick and hull berries. Sprinkle them with sugar. Mash with a silver fork. Stand for several hours. Squeeze through a jelly bag into a basin. Dilute cream with milk. Add stiffly beaten whites of eggs and salt. Freeze egg mixture to a mush in the usual way. Add vanilla, strawberry juice, and finish freezing. Serve, if liked, in champagne glasses with a spoonful of whipped and sweetened cream, coloured slightly with cochineal, on top. Top each with a fresh strawberry.

### VANILLA ICE CREAM

- |                     |                                 |
|---------------------|---------------------------------|
| 1 cup Scalded Milk. | $\frac{1}{4}$ cup Castor Sugar. |
| 1 teaspoon Flour.   | 1 teaspoon Vanilla Essence.     |
| 1 cup Cream.        | 1 Egg Yolk.                     |

*For 4 persons.*—Mix flour and sugar together. Add egg yolk, slightly beaten, then stir in milk gradually. Cook for about 15 minutes in the top of a double boiler with boiling water below. Strain and cool, then add cream and vanilla. Freeze and serve.

### FRUIT MOUSSE

- |                          |                                  |
|--------------------------|----------------------------------|
| $\frac{1}{4}$ cup Sugar. | Juice of 1 Lemon.                |
| 1 pint Cream.            | $\frac{1}{2}$ cup Crushed Fruit. |

*For 4 persons.*—Whip the cream, and then add sugar, lemon juice, and crushed fruit, such as strawberries, apricots, peaches, etc. Freeze. If you use an ordinary freezer, turn the handle very slowly, and just enough to insure even freezing of all the mixture. The cream can be coloured to correspond with the colour of the fruit.

### MACAROON BISQUE

- |                      |                                 |
|----------------------|---------------------------------|
| 1 pint Cream.        | $\frac{1}{2}$ cup Castor Sugar. |
| 2 teaspoons Vanilla. | 1 cup Ground Macaroons.         |



*For 4 persons.*—Dry the macaroons in a hot oven. Roll or grind in a meat mincer. Mix all other ingredients together and freeze. When nearly frozen add the macaroons. Grape-nuts can be substituted for the ground macaroon, if liked.

### FROZEN RICE PUDDING

2 tablespoons Rice.	$\frac{1}{2}$ cup Sugar.
1 Egg Yolk.	$\frac{1}{2}$ cup Cream.
$\frac{1}{2}$ teaspoon Vanilla.	$\frac{1}{2}$ cup Milk.

*For 6 persons.*—Wash rice. Cook in boiling, salted water until tender. Drain. Add milk and cook in a double boiler for about 30 minutes. Rub through a sieve. Meanwhile, beat the egg yolk and sugar well together. Pour rice and milk mixture over egg and sugar. Return to double boiler, and stir until it thickens. Remove from fire, cool, add flavouring and freeze. Whip cream and add when mixture is almost frozen. About 6 tablespoons of left-over cooked rice may be used instead of the uncooked rice.

### NESSELRODE PUDDING

1 pint Cream.	$\frac{1}{2}$ cup Castor Sugar.
2 Egg Yolks.	2 teaspoons Vanilla.
1 chopped slice Pineapple.	$\frac{1}{2}$ cup Maraschino Cherries.
$1\frac{1}{2}$ oz. Candied Apricot.	$\frac{1}{2}$ cup Chopped Walnuts.

*For 4 or 5 persons.*—Add quarter of the cream to the egg yolks, and heat for a few moments over hot water, stirring constantly. Add sugar and vanilla. Remove from fire. Cool and freeze. Mince and mix the fruit and nuts. Stir cream in when mixture is partly frozen.

### PEACH MELBA

<i>Fresh or Tinned Peaches.</i>	<i>Melba Sauce.</i>
<i>Vanilla Ice Cream.</i>	<i>Whipped Cream.</i>

Place a scoop of vanilla ice-cream on an ice plate or in a sundae glass. Arrange half a tinned, or a fresh peeled peach, stoned and halved, sugared and chilled for an hour, on top. Add 1 tablespoon or more of Melba sauce, then a tablespoon whipped cream, sweetened to taste and flavoured with vanilla.

**TO MAKE MELBA SAUCE.**—Place  $\frac{3}{4}$  cup castor sugar and  $\frac{1}{2}$  cup water in a saucepan. When sugar is dissolved, bring to boil, and boil 10 minutes. Chill and add to 1 pint custard hulled raspberries or strawberries.

# SAVOURIES

**Y**OU can take a chance on any course you like, when planning your menu, until you come to the savoury, but *you must be fastidious about the savoury*. It should be a tantalising morsel, which tickles the palate, and puts a "full stop" to a perfect dinner. You should relish it and yet wistfully wish it was twice as large.

To give you a rough idea of what I consider a suitable savoury, it should be a piquant surprise, and a change from everything else which has already appeared on the menu. If you begin with fish, you must not have a fish savoury. If it is a vegetable savoury such as mushrooms on toast, mushrooms must not appear anywhere else in the menu. Now let me give you one or two recipes for simple savouries, and remember they should all be served piping hot.

**TO MAKE CANAPES OR CROUTES FOR SAVOURIES.**—See **THINGS WE WANT TO KNOW**, page 26.

## ANGELS ON HORSEBACK

6 Oysters.

6 croûtons Bread.

6 slices Thin Streaky Bacon.

Few drops Lemon Juice.

*Cayenne to taste.*

*For 6 persons.*—Cut bread into rounds two inches in diameter and  $\frac{1}{4}$  inch thick. Fry in hot fat or butter till golden brown. Sprinkle trimmed oysters with cayenne and lemon juice, then roll each oyster in one slice of bacon. Place one slice of bacon on each croûton. Place on a baking sheet and bake in a hot oven long enough to cook the bacon. You can grill if you prefer. Serve garnished with parsley or watercress and piping hot.

## SCOTCH ANGELS ON HORSEBACK

1 Smoked Haddock.

3 rashers of Bacon.

6 Mushrooms.

*Black Pepper to taste.*

*For 6 persons.*—Remove rind from bacon, cut each rasher in two, then cut fillets of smoked haddock (Finnan or Arbroath) in 4-inch blocks. Roll block in each half-rasher, sprinkle lightly with black pepper, and either grill or fry, for 3 or 4 minutes on each side. Serve garnished with fried peeled mushrooms.

### ENGLISH ANGELS ON HORSEBACK

2 *Chicken Livers.*

6 *fingers Buttered Toast.*

3 *rashers of Bacon.*

*Pepper, Paprika to taste.*

*For 6 persons.*—Wash, dry and cut each liver into three. Remove rind from bacon, cut each rasher in two and wrap each piece of liver, seasoned with pepper and paprika to taste, in half-rasher of bacon. Fry or grill for 2 or 3 minutes. Serve on fingers of buttered toast, garnished, if liked, with halved, fried tomatoes.

### LUGANO CANAPES

1 *pint Rich Milk.*

1 *lb. Crab Meat.*

3 *heaped tablespoons Butter.*

3 *tablespoons Flour.*

$\frac{1}{2}$  *cup Grated Parmesan.*

1 *Shallot. Seasoning.*

*For 6 to 8 persons.*—Fry chopped and peeled shallot lightly in 1 or 2 pats of butter. Stir in flour, and when frothy stir in the milk. This is better if made half with milk and half with cream. Add crab meat, season to taste and continue to cook, stirring occasionally, until mixture begins to bubble. Meanwhile, trim one or two slices of bread cut  $\frac{1}{4}$  inch thick into squares. Toast on one side only. Make a paste with cheese, butter, salt, pepper and paprika to taste. Spread the toasted side of the canapes with the crab meat mixture. Cover with the cheese paste, about  $\frac{1}{2}$  inch thick. Place on a large or on individual greased dishes. Bake till delicately brown in a moderate oven.

### CROÛTES OF ANCHOVY

2 *Egg Yolks.*

*Anchovy Paste.*

2 or 3 *thin slices of Bread.*

1 *teaspoon Butter.*

1 *dessertspoon Tarragon Vinegar.*

*For 2 persons*—Toast and butter bread, and remove crusts. Cut into narrow fingers about 3 inches long. Spread each evenly with anchovy paste. Keep warm in the oven, while you stir egg yolks, butter and vinegar in a saucepan over the fire till creamy. Season with salt, pepper and paprika to taste. Spread anchovy croûtes with the mixture, and decorate with strips of pimento.

### SARDINES AU GRATIN

12 *medium Sardines.*

1 *small Onion.*

$\frac{1}{2}$  *teaspoon Minced Parsley.*

2 *tablespoons Breadcrumbs.*

1 *tablespoon Olive Oil.*

1 *oz. Fresh Butter.*

$\frac{1}{2}$  *clove Garlic.*

*Grated Gruyere Cheese.*

Heat olive oil in a fireproof dish. Add finely minced onion and brown gently for 5 minutes stirring occasionally. Meanwhile, wipe and bone the sardines, then arrange them on top of onion. Mix butter, parsley, fresh crumbs and minced garlic together, and divide mixture in small bits over the sardines. Sprinkle lightly with cheese, and bake in a brisk oven for 5 minutes.

### TUNA FISH CANAPES

1 small tin Tuna Fish. | 1 tablespoon Minced Pimento.  
 $\frac{1}{2}$  cup White Sauce.

For 3 or 4 persons. —Flake the tuna fish with a fork into a saucepan containing the sauce. Stir in pimento and, if liked, add 2 tablespoons chopped, fried mushroom. Season if necessary, spread on croûtes of hot buttered toast, or fried bread.

### CHEESE PASTE AND TOAST

4 tablespoons Grated Cheese. | 1 teaspoon Mustard.  
 1 teaspoon Paprika. | 1 teaspoon Salt.  
 6 tablespoons Olive Oil. | 4 tablespoons Vinegar.

For 4 to 6 persons. —Place the cheese in a basin, then add paprika, salt and mustard. Gradually stir in oil, then last of all the vinegar. Mix well together and serve with toast in place of a savoury for lunch or supper.

### CHEESE RAREBIT

1 lb. Cheese. | 2 tablespoons Butter.  
 1 finely chopped Onion. | 1 cup Thick Tomato Pulp.  
 1 tablespoon Worcester Sauce. |  $1\frac{1}{2}$  teaspoons Salt.  
 $1\frac{1}{2}$  teaspoons Paprika.

For 8 or 9 persons. —Cut the cheese into small pieces. Place the butter in a saucepan. Add onion, tomato pulp, which you have pressed through a fine sieve, Worcester sauce, salt and paprika. Cook until the onion is soft. Add cheese, and stir until cheese is melted, and mixture well blended. Eat as soon as made.

### WELSH RAREBIT

$\frac{1}{2}$  lb. Cheddar Cheese. | 1 tablespoon Butter.  
 $\frac{1}{2}$  cup Ale, or Milk. |  $\frac{1}{2}$  teaspoon Salt.  
 1 Egg. |  $\frac{1}{2}$  teaspoon Mustard Flour.

For 6 persons. —Melt butter in a saucepan or on top of a double boiler. Stir in cheese cut in flakes. Cook over a slow heat, or if in a double boiler over boiling water, until

cheese is melted, stirring frequently. Add salt, mustard flour and a few grains of cayenne also, if liked, then gradually stir in the ale, or milk. When it is well mixed in, stir in slightly beaten egg. Cook, stirring constantly, until thick. Serve at once on rounds or squares of hot buttered toast or fried bread.

### CHEESE CROQUETTES

3 tablespoons Butter.

2 Egg Yolks.

1 cup Dutch Cheese.

Salt and Pepper.

$\frac{1}{2}$  cup Flour.  $\frac{1}{2}$  cup Milk.

$\frac{1}{2}$  cup Grated Gruyère Cheese.

Fine Grains Cayenne.

Egg and Breadcrumbs.

*For 4 persons.*—Make a thick white sauce, using butter, flour, milk. Add unbeaten yolks of eggs, and stir mixture until well blended, then add grated Gruyère cheese. When cheese has melted, remove from fire, fold in the Dutch cheese, cut into small cubes, and season with salt, pepper and cayenne. Spread in a shallow pan and cool. Turn on a board, cut into strips, dip in crumbs, egg, and crumbs again, and fry in hot fat. Drain on brown paper, and serve at once.

### CHEESE FRITTERS

2 oz. Grated Cheddar Cheese.

2 oz. Flour. Parmesan.

Cayenne, Paprika, and Salt.

1 oz. Butter.

1 gill White Stock, or Water.

1 Egg White. 2 Egg Yolks.

*For 4 or 5 persons.*—Melt butter in a small saucepan. Add water. Bring to the boil. Stir in flour, and beat till the mixture shrinks away from the sides of the pan. Draw pan to the side of the fire, add cheese, seasoned to taste, and beaten egg yolks. Mix thoroughly, then fold in the stiffly frothed egg whites. Fry in teaspoonfuls in a saucepan of deep smoking-hot fat, till golden brown. Drain on brown paper, and serve on a hot dish lined with lace paper d'oyley after dredging fritters with grated Parmesan.

### SIMPLE CHEESE SOUFFLÉ

4 tablespoons Butter or Margarine.

Salt, Pepper, and Paprika.

$1\frac{1}{2}$  cups Grated Cheese.

4 tablespoons Flour.

1 cup Milk.

4 Eggs

*For 4 or 5 persons.*—Make a white sauce with the butter, flour and milk. Season with salt, pepper and paprika. Add grated cheese, and stir until melted. Add the beaten yolks of eggs, then remove from stove. Fold in the stiffly beaten whites of eggs, and turn into a greased baking dish. Bake in a moderate oven for 45 minutes, or until firm.

## CHEESE STRAWS

2 oz. Flour.	2 oz. Butter.	2 oz. Grated Parmesan.
1 oz. Grated Cheddar Cheese.	$\frac{1}{2}$ saltspoon Salt.	
$\frac{1}{2}$ teaspoon Baking Powder.	$\frac{1}{2}$ saltspoon Pepper.	
2 oz. Grated Breadcrumbs.	Dash Paprika.	

*For 4 persons.*—Sift flour with salt and pepper into a basin. Stir in crumbs and grated cheese, then rub in butter. Knead with the hand till a smooth paste. Roll out on a lightly floured pastry board, into a strip  $\frac{1}{4}$ -inch thick and 5 inches wide. Dip a sharp knife in flour, and cut pastry into strips,  $\frac{1}{4}$ -inch wide so that the strips will be 5 inches long,  $\frac{1}{4}$ -inch wide and  $\frac{1}{4}$ -inch thick. Cut the remainder in rings with a floured ring cutter. Bake on a baking sheet in a quick oven till pale brown. Serve straws on a hot dish lined with a lace paper d'oyley, stuck through the rings in little bundles. Sprinkle with cayenne and serve piping hot.

## CHEESE AND FINNAN PUFFS

Trimnings of Rough Puff Pastry.	2 oz. Scraped Finnan Haddock.
2 oz. Grated Cheese.	1 Egg. Vermicelli.
2 teaspoons Butter.	Salt and Cayenne to taste.

*For 4 persons.*—Put scraped finnan haddock in a basin. Pour over it melted butter. Add cheese, seasonings and enough beaten egg to moisten. Roll pastry out thinly, cut into rounds, and brush with beaten egg. Put a spoonful of the mixture on the centre of each. Fold over, brush with egg, sprinkle with crushed vermicelli and bake  $\frac{1}{2}$  an hour. Serve on a hot dish lined with a lace paper d'oyley, and garnished with parsley.

## WHITBY CROUTES

$\frac{1}{2}$ lb. Grated Cheese.	1 teaspoon Yorkshire Relish.
3 Eggs. Bacon.	1 teaspoon Salt.
1 teaspoon Paprika.	Mustard to taste.

*For 6 persons.*—Add cheese, sauce, salt, paprika and mustard to eggs. Mix thoroughly. Spread thickly on slices of bread. Cover each slice with a layer of diced bacon. Place on a baking sheet. Bake in a hot oven till crisp. Serve for lunch with salads.

## HAM CANAPES

3 oz. Cooked Lean Ham.	$\frac{1}{2}$ oz. Butter.
$\frac{1}{2}$ saltspoon Cayenne.	2 tablepoons Worcester Sauce.
$\frac{1}{2}$ teaspoon French Mustard.	6 Rounds of Toast.

*For 6 persons.*—Put ham through meat chopper. Pound for about 10 minutes till a smooth pulp. Add butter,

Worcester sauce, cayenne and mustard, then pound again for 5 minutes. Make rounds of toast 2 inches in diameter and  $\frac{1}{4}$ -inch thick. Butter lightly, and pile ham on evenly.

### CREAMED MUSHROOMS ON TOAST

$\frac{1}{2}$ lb. Mushrooms	2 tablespoons Butter.
2 tablespoons Margarine.	$1\frac{1}{4}$ tablespoons Flour.
1 cup Thin Cream	Seasoning

*For 4 persons.* Prepare mushrooms and cook in all the butter and 1 tablespoon of the margarine. Melt the other tablespoon of margarine. Stir in flour till frothy, when gradually add cream, stirring constantly. Season to taste with salt, pepper and a dash of ground mace. Add mushrooms, including all the juice from the pan in which they were cooked. Serve on thin squares of hot buttered toast.

### SOFT ROES ON TOAST

<i>Anchovy Paste.</i>	<i>Herring Rois.</i>
<i>Cayenne Pepper.</i>	<i>Salt. Paprika.</i>

Remove crust from buttered toast. Cut toast into finger lengths. Spread thinly with anchovy paste. Put a soft roe on each after rinsing in water, drying and frying in a little butter, for a moment or two. Sprinkle with seasoning.

### MACARONI A L'ITALIENNE

1 lb. Macaroni.	1 gill Tomato Sauce.
1 gill Madeira	1 lb. Parmesan Cheese.
Nutmeg to taste.	Pepper. Salt

*For 6 persons.*—Cook macaroni in boiling, salted water for  $\frac{1}{2}$  an hour without breaking it. Drain and place in a saucepan with tomato sauce and Madeira. Add cheese and seasoning. Cook slowly 10 minutes, tossing often. Serve with grated cheese.

### TO SERVE CHEESE IN PLACE OF SAVOURY

Offer a choice of cheese. Stilton, Gorgonzola, Wensleydale and Roquefort go well with Bel Paese, or Milano, or Port de Salut, Gruyere, Camembert, or any cream or lacte cheese. A soft Dutch cheese could be substituted for Bel Paese, etc. Cheddar or Gloucester goes with any cheese.

Toast, and rye crisp bread, or oatcakes, or biscuits, or zwieback can be offered alone or as a choice. Bretzels and pumpernickel also go well with cheese. Don't forget the celery, radishes or watercress.

# SANDWICHES

**N**OTHING annoys me so much as to hear jokes cracked about the British sandwich. It is made of stale bread. It has no surprise tucked away in its inside. It is tasteless when it is not stale. These are some of the criticisms it often has to hear. I am not going to pretend that these criticisms are always false. Alas! it is true that in the past they have been too often true. But if you listen to the following hints, you will soon be turning out as good sandwiches as any you can have:

1. Make sure that bread is not more than 2 days old. *Better if bread is only 24 hours old.*

2. Use a large, sharp, saw-edged stainless knife for cutting bread. Use a small saw-edged stainless knife for cutting tomatoes, cucumber, etc.

3. Keep a stock of purée au fois gras, small tins of pimentoes, tunny fish, and sardines, and always have a weekly supply of some fresh fish paste such as a special make of bloater cream or relish.

4. When more than one variety of sandwich is wanted, see that one variety is cucumber, tomato, or cress—a salad sandwich. A second can be filled with any fish cream or paste and cress. A third with cream cheese, moistened with cream, flavoured with chopped walnuts or pimento. Each variety of sandwich should be a strong contrast to the other, not only in the filling, but in the bread, etc.

5. Choose between brown bread, white bread, pastry, toast, bridge rolls and crisp rye bread and oat cakes, for casings.

6. Do not always use fresh or salt butter for buttering the bread, *though when you do, soften it by beating, but not by melting.* Use salad cream or mayonnaise, nut butter and butter flavoured with lemon, minced onion or chives, pimento, or watercress, depending on the filling.

7. Any savoury butter and cress makes a simple filling for brown or white bread.

## EQUIPMENT REQUIRED FOR SANDWICHES

**1 stainless Saw-edged Bread Knife. 1 stainless Saw-edged Fruit and Vegetable Knife.**

**1 set of Wooden Spoons.**

**Lace Paper D'oyleys.**

**A Sandwich Set of Serving Dish and Plates.**



## TO MAKE SAVOURY BUTTERS

1. **LEMON.**— $\frac{1}{2}$  pound butter,  $1\frac{1}{2}$  tablespoons lemon juice.
2. **MAÎTRE D'HÔTEL.**  $\frac{1}{2}$  pound butter,  $1\frac{1}{2}$  tablespoons lemon juice, 2 heaped teaspoons minced parsley.
3. **ONION.**— $\frac{1}{2}$  pound butter, 2 teaspoons onion juice, 1 tablespoon water.
4. **PIMENTO.**— $\frac{1}{2}$  pound butter,  $\frac{1}{4}$  cup minced pimento, 1 teaspoon lemon juice.
5. **OLIVE.**— $\frac{1}{2}$  pound butter,  $\frac{1}{4}$  cup stoned, minced olives, 1 teaspoon lemon juice.
6. **SARDINES.**— $\frac{1}{2}$  pound butter,  $\frac{1}{3}$  cup sardines (skinned and pounded), 1 tablespoon water, 2 teaspoons lemon juice, paprika to taste.
7. **TUNNY, SMOKED SALMON, AND LOBSTER.**— $\frac{1}{2}$  pound butter,  $\frac{1}{3}$  cup tunny fish, smoked salmon or lobster, 1 tablespoon water, 2 teaspoons lemon juice, paprika to taste.
8. **WATERCRESS.**— $\frac{1}{2}$  pound butter,  $\frac{1}{2}$  cup minced watercress,  $\frac{1}{2}$  tablespoon lemon juice.
9. **CHIVES.**— $\frac{1}{2}$  pound butter,  $\frac{1}{4}$  cup minced chives,  $\frac{1}{2}$  cup minced watercress.

## METHOD FOR BUTTERS

Beat butter to a cream, then gradually beat in the other ingredients given. Season to taste. Use instead of ordinary butter in the following way:

**LEMON.**—With fish sandwiches, especially those made of crab, lobster and all smoked fish.

**MAÎTRE D'HÔTEL.**—See lemon, also with cold meat, game or veal sandwiches.

**ONION.**—With any cold meat sandwiches.

**PIMENTO.**—With any cold meat, game or poultry, anchovy or cheese sandwiches.

**OLIVE.**—With fish, chicken or game sandwiches.

**SARDINE.**—With cress, watercress, or tomato sandwiches.

**TUNNY, SMOKED SALMON AND LOBSTER.**—With cucumber or cress sandwiches.

**WATERCRESS.**—With any cold meat sandwiches, or for spreading new bread to be rolled.

**CHIVES.**—With cold meat, cheese, poultry, game or sardine sandwiches.

## TO MAKE A SANDWICH

The size, thickness and filling of a sandwich depend on what it is wanted for. *If for lunch or picnic*, it must be

substantial, and not too dry. At the same time avoid using moist fillings or watery salad in sandwiches that will not be eaten for some hours after they are made. The crusts can be left on luncheon or picnic sandwiches, unless they are hard. *If for afternoon tea*, the bread should be cut as thin as a wafer, all crusts should be removed, and bread should be cut with fancy cutters, or into any *small* shapes.

When cutting sandwiches, keep slices in the order in which they were cut so that they will fit neatly into pairs. Spread with creamed butter before cutting. After cutting, spread with filling right to the edge, then pile sandwiches on top of each other, and trim up all the edges in one operation. Wrap sandwiches not to be used at once in a cloth wrung out of cold water, unless they are required for a picnic or luncheon box, when pack each variety in paraffin paper.

#### SUGGESTIONS FOR LUNCHEON OR PICNIC SANDWICHES

1. Brown bread, nut butter, chopped celery moistened mayonnaise.
2. White bread, hard-boiled eggs, chopped, moistened with salad cream and melted butter, and peeled tomato slices.
3. Crisp rye bread, cream cheese, moistened with cream, and flavoured with chopped walnuts, pimento or chives butter.
4. Bridge rolls, chopped ham and cress, moistened mayonnaise.
5. White bread, maître d'hôtel butter, cold meat, poultry or game, lettuce or watercress.
6. Bridge rolls, fish mayonnaise, diced cucumber or celery, lemon or olive butter.

#### SUGGESTIONS FOR AFTERNOON TEA SANDWICHES

1. White bread, or small bridge rolls, foie gras and cress.
2. Single fingers or diamonds, or buttered toast sprinkled thickly with minced smoked salmon, moistened lemon juice.
3. Brown bread, pimento butter, cream cheese and chopped walnuts.
4. White bread, lemon or maître d'hôtel butter and caviare
5. Brown or white bread, and chopped, fried, seasoned mushrooms.
6. Brown and white bread (a slice of each) put together with olive butter, and chopped smoked salmon.
7. Brown or nut bread, buttered, sprinkled with brown

sugar, and put together with chopped stoned dates, moistened with whipped cream.

#### SUGGESTIONS FOR CANAPES FOR COCKTAILS

1. Unsweetened ice wafers thinly buttered, sprinkled, grated Parmesan and crisped under the grill.
2. Thin slices of bread toasted on one side, cut into narrow fingers, buttered on the untoasted side, sprinkled with grated cheese, and lightly browned under the grill.
3. Small square cheese biscuits, thinly spread with any savoury butter, and each topped with a rolled strip of boned sardine.
4. Small square cheese biscuits, thinly spread with foie gras, and each topped with  $\frac{1}{2}$  stuffed olive.
5. Caviare wafers thinly buttered, and topped with caviare.
6. Diamonds of toast, buttered, sprinkled with minced smoked salmon, and dredged with minced chives or shallots.
7. Puff cracknels, each stuffed with a prawn soaked in mayonnaise.

#### TO SERVE SANDWICHES

Arrange on a sandwich dish, or on a silver entrée dish lined with a lace paper d'oyley. Plant a sandwich flag in the centre of each variety with the name of the variety clearly written on the flag. Sprinkle savoury sandwiches with a little mustard and cress. Fish sandwiches can be decorated with sprigs of fennel, and meat sandwiches with sprigs of parsley if preferred. Sweet sandwiches can be decorated with sprigs of mint, or arranged on plates lined with rose geranium leaves or maidenhair fern.

#### CINNAMON TOAST

*$\frac{1}{2}$ -inch Slices of Bread.  
Castor Sugar.*

*Butter.  
Cinnamon.*

Toast one side of the bread. Butter on toasted side. Mix cinnamon and sugar together in the proportion of 1 spoon cinnamon to 2 spoons sugar. Spread untoasted side thickly with mixture. Place under a grill till melted. Serve toast in a stack on a hot dish at once, for tea, or with morning coffee in the cold weather.

#### OLIVETTE SANDWICHES

*1 cup Roquefort Cheese.  
 $\frac{1}{4}$  cup Ripe Olives.*

*Cayenne. Mayonnaise.  
Worcester Sauce.*

Mash cheese till smooth, season with cayenne and Worcester sauce, add finely chopped olives and moisten if necessary with mayonnaise. Spread unsweetened brown bread with peanut butter and put together with filling. Cut in small rounds and serve with coffee.

### CUBAN FOLDS

*1 cup Pineapple.*

*$\frac{1}{2}$  cup Cream.*

*2 Cream Cheeses.*

*1 cup finely-chopped Walnuts.*

Use tinned or candied pineapple, but if tinned drain well. Beat cheese and cream together till well blended. Add pineapple, finely chopped, and nuts. Mix thoroughly and fill between thin slices of brown bread. Serve with hot chocolate or cocoa.

### BLOATER CREAM ROLLS

*1 small Loaf Bread.*

*Bloater Cream.*

*Softened Butter.*

*Mustard and Cress.*

Remove crusts from bread. Cut into thin slices. Put in a pile. Wrap tightly in a damp napkin. Stand in a cool place 1 hour. Spread each slice with well-softened butter, and bloater cream, and roll up with a little mustard and cress peeping out at each end. The damp cloth softens the bread, so that it should roll up without breaking.

### CHEESE AND PIMENTO SANDWICHES

*1 Egg.*

*$\frac{1}{2}$  cup Cream.*

*1 tablespoon Flour.*

*2 Hard-boiled Eggs.*

*1 Cream Cheese.*

*$\frac{1}{2}$  teaspoon Salt.*

*1 tablespoon Butter.*

*1 tablespoon Castor Sugar.*

*3 tablespoons Vinegar.*

*2 or 3 Pimentos.*

*1 tablespoon Onion Juice.*

*Pinch Cayenne.*

Place one egg, butter, sugar, flour, vinegar, and cream in a double boiler. Cook over boiling water, stirring all the time, till smooth. Add chopped, hard-boiled eggs, chopped pimentos, cheese, onion juice, salt, pinch of cayenne. Mix well. Use when cold with brown bread.

### CUCUMBER AND SALMON SANDWICHES

*1 cup Flaked Boiled Salmon.*

*2 tablespoons Chopped Water-*

*cress. Pepper and Salt.*

*$\frac{1}{2}$  cup Chopped Cucumber.*

*Salad Dressing.*

*Brown or White Bread.*

Mix salmon, cucumber and watercress, with just enough salad dressing to keep mixture together. Season to taste. Spread on thin slices of bread thinly buttered. Cover with shredded lettuce and buttered bread. Cut into fancy shapes.

## MIAMI SANDWICHES

*Nut Bread.**1 cup Grated Cheese.**½ teaspoon Mustard.**2 raw Egg Yolks.**1 tablespoon Butter.**1 teaspoon Paprika.**1 tablespoon Worcester Sauce.**1 cup Thin Cream.*

If you have not nut bread use brown bread. Melt butter in a saucepan. Add grated cheese, season with paprika, mustard and sauce. Stir till cheese is melted and mixture smooth. Remove from range. Add egg yolks, beaten and diluted with cream. Cook over water 2 minutes, and use.

## SEASHORE ROLLS

*Liver Sausage or Tunny Fish.**Mayonnaise. Lemon Butter.**Lettuce.**Chopped Gherkin.*

Mix liver sausage to a paste with mayonnaise. Add a teaspoon chopped gherkin to every ounce of sausage used. Put between thin slices of white bread spread with lemon butter, and cover with shredded lettuce on one side.

## SPANISH SANDWICHES

*Sponge Fingers.**Orange Marmalade.**Figs.*

Chop figs finely, moisten with orange marmalade, chopping it if it is the coarse marmalade. Use as a filling for newly baked sponge fingers. Serve with chocolate or cocoa.

## TONGUE AND HAM SANDWICHES

*½ lb. Butter.**1 Egg Yolk.**Tongue and Ham.**2 teaspoons Salad Oil.**2 tablespoons Mixed Mustard.**Pepper and Salt.*

Beat butter with mustard till creamy. Stir in salad oil and beaten egg yolk alternately. Season to taste. Stand till cool. Spread bread required for sandwiches with paste. Sprinkle thickly with ham and tongue finely minced—two parts tongue to one ham—then with mustard and cress.

## WHITSTABLE SANDWICHES

*1 cup Picked Shrimps.**½ cup finely-chopped Lettuce and**Watercress. Mayonnaise.**2 tablespoons French Dressing.**½ cup Chopped Spring Onions.**3 Hard-boiled Eggs.*

Marinate a tightly packed cup of shrimps for 2 hours in French dressing, then add half a cup each of lettuce and watercress, and the onions. Mix in the sifted yolks and finely chopped whites, moisten with mayonnaise, and use as filling between thin slices of brown or white bread, spread thinly with mayonnaise.

# BREAD

Now that it is possible to have fresh yeast supplied regularly by post, there is no excuse for not making bread at home. If you also keep a packet of yeast cakes in your store cupboard, you are doubly sure of always being able to make bread. But to be a successful bread maker, you must pay attention to the following rules :

1. Fresh, evaporated, or powdered milk used in making bread makes bread keep fresh longer than when made with water. Water in which potatoes were boiled is also good.

2. The addition of a very little sugar makes dough rise faster than when mixed without sugar. It also improves the colour of the crust.

3. It is important to keep dough at a steady temperature while it is rising. The best way to do this is to stand the bread bowl or pan in a basin of warm water. 82 degrees Fahr. is a good temperature for dough.

## UTENSILS REQUIRED FOR BREAD MAKING

1 *Measuring Cup* (average tea-cup in size).  
*Loaf Tins.*  
1 *quart Measure.*

1 *large Mixing Bowl.*  
1 *Pastry Board.*  
*Wooden Spoons.*  
*Thermometer.*

## PLAIN BREAD

4 *lb. Flour.* 1 *pint Milk.*  
1 *oz. Yeast.*  
1 *tablespoon Lard.*

1 *tablespoon Salt.*  
1 *tablespoon Butter.*  
1 *teaspoon Castor Sugar.*

(Made with a mixer.) Mix sugar and yeast to a cream in a basin. Put butter and lard on a plate, and cut into pieces. Fill the quart measure with cold water to chill it. Throw out water, and pour in 1 pint of scalded milk, then add the butter and lard. Cool till between 90 degrees and 100 degrees Fahr., then pour mixture over the sugar and yeast. Turn into a slightly heated bread mixer. Add flour, cover, and stir for 3 minutes. Place in a lukewarm oven with gas turned off till dough doubles its size. Remove, stir for a second, pull out dough and divide in four. Knead each portion well, then place each in a greased loaf tin and put tins in a cool oven, or stand before a fire, protected with a cloth on top, and a screen in front, from draughts. Leave to rise till twice the size, in about 20 minutes, then bake in a sharp oven for 20 minutes.

## FARMHOUSE BREAD

3½ lb. Flour.  
½ tablespoon Salt.

1 oz. Yeast.  
1½ pints Lukewarm Water.

Before starting to make the bread, warm the bowl, then sift in the flour and salt, and make a well in the centre. Stir a little of the water or half-milk and half-water, heated to 98 degrees Fahr., into the yeast, and when mixture is creamy, add remainder of liquid. If flour is very dry, you may need nearly another gill. Sprinkle a little of the flour from the sides over the liquid in the centre and stand with the cover on top in a warm place for 20 minutes, which is called "setting the sponge." Mix dough and knead till smooth, holding the bowl with your left hand and pulling the outer edges of the dough to the centre, and pushing it down with your knuckles. Repeat this kneading round the edge till the dough is firm, elastic, and smooth, then cut it across with a knife, brush it with melted butter, cover and put to rise in a warm place on the rack of a gas stove or near an open fire till it rises to about double its size in from 1 to 1½ hours, then remove it to a warm pastry board, and knead and mould until free from cracks. Divide into 3 pieces, roll each piece with the tips of the fingers till smooth, and place in warm, greased and lightly floured loaf tins with the smooth side on top. Cover, and let rise again from 10 to 20 minutes till loaves have risen almost to the top of the tin, then bake in a hot oven, 450 degrees Fahr., for 15 minutes. Reduce heat and finish cooking at 380 degrees Fahr.

**TO MAKE A COTTAGE LOAF.** - Divide dough in three, then take each portion and cut off a third. Shape all the pieces into rounds, smooth, and place the small ones on top of the large ones, then flour your little finger and press it through the middle of both the small and large rounds.

**NOTE.**—When making bread, you can set pans in warm water and cover them with a clean cloth if you have not a warm place to let them rise in. Loaves are ready to remove from pan when they shrink from sides and give a hollow sound when you tap them. If you brush them with milk or melted butter just before removing from the oven, their crusts will be glossier. Turn them out of the pans as soon as you remove pans from oven and place them on a rack out of a draught to cool.

When it is necessary for a sponge to rise overnight, a room temperature of 65 to 75 degrees Fahr. is warm enough,

but when wanted in a hurry the room temperature should be 80 to 85 degrees Fahr.

### STANDARD BREAD

*2½ lb. Flour.*

*4 teaspoons Salt.*

*2 tablespoons Fat.*

*2½ cups Liquid.*

*2 tablespoons Castor Sugar.*

*2 cakes Yeast.*

Milk, water or equal quantities of each can be used. Soften the yeast with  $\frac{1}{2}$  cup of the liquid. If using milk, it should be scalded. Whatever the liquid, it should be 100 degrees Fahr. before mixing it with the yeast. Stir in all the flour except 1 cup, and mix with the hands, a spoon or a mechanical mixer, then knead on a clean, floured board till smooth and elastic, form into a ball, and place in a greased bowl to rise. Brush the top with a very little melted fat, then cover and rise to about twice its bulk. Punch in the centre, pull over the sides and press in the centre, turn upside down, then set to rise again, and after punching down again, divide into portions, their size depending on the size of the loaf pans. Each portion should be large enough to fill the pans half-full. Now, round dough into balls to seal over the divisions and stand a few minutes, then flatten each into oblongs, and fold and seal edges together with the palms of the hands. Repeat several times, folding a different way each time, then bring the sides to the centre and place loaf, sealed edges down, in a greased loaf tin. Grease the tops, cover, and rise in a temperature from 80 to 85 degrees Fahr. When double the size, place in a fairly hot oven from 400 to 415 degrees Fahr. and bake from 45 minutes to 1 hour.

### BROWN BREAD

*1 lb. Flour.*

*1 oz. Yeast Cake.*

*½ teaspoon Castor Sugar.*

*¼ lb. Butter or Margarine.*

*2 lb. Wholemeal Flour.*

*1½ teaspoons Salt.*

*1 gill Tepid Water.*

*½ pint Tepid Milk.*

Place sifted flour and wholemeal in a warm basin, and rub in the fat. Beat yeast and sugar to a cream, stir in the liquid, make a hollow in the flour, pour in liquid, and sprinkle salt on the flour round the edge of hollow. Stir with a wooden spoon until all the flour is incorporated, then cover and rise in a warm place till double, in about an hour. Knead till smooth, shape into two loaves, and place in greased oblong loaf pans. Stand in a warm place for 10 minutes, then bake in a quick oven for 15 minutes, and finish in a moderate oven, in about  $\frac{3}{4}$  hour.



**BROWN DINNER ROLLS**

- |                                  |                               |
|----------------------------------|-------------------------------|
| 8 oz. <i>Flour.</i>              | 5 oz. <i>Wholemeal Flour.</i> |
| 1½ oz. <i>Butter.</i>            | ½ <i>teaspoon Salt.</i>       |
| 1 <i>teaspoon Baking Powder.</i> | ½ <i>gill Milk.</i>           |

Sift flour, salt and baking powder into a basin. Rub in butter. Stir in the milk, then divide in eight, and lightly shape each portion into a roll, and give each roll 3 or 4 slanting cuts over the top. Bake for about 12 or 15 minutes on a greased baking sheet in a quick oven.

**BREADCRUMB GIRDLE SCONES**

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 1½ <i>cups Sifted Crumbs.</i>      | 3½ <i>teaspoons Baking Powder.</i> |
| 2 <i>tablespoons Butter.</i>       | ½ <i>teaspoon Salt.</i>            |
| 2 <i>Eggs.</i> ½ <i>cup Flour.</i> | 1½ <i>cups Hot Milk.</i>           |

Mix fresh breadcrumbs, hot milk, and butter together. Stir in flour, sifted with salt and baking powder. Add beaten eggs, and turn in spoonfuls on to a hot greased girdle. Brown well on both sides and serve with butter and maple or golden syrup.

**BROWN NUT BREAD**

- |                         |                                      |
|-------------------------|--------------------------------------|
| 2 <i>cups Milk.</i>     | 1 <i>large teaspoon Baking Soda.</i> |
| ½ <i>cup Treacle.</i>   | 2 <i>cups Wheaten Meal.</i>          |
| 1½ <i>cups Flour.</i>   | ½ <i>cup Brown Sugar.</i>            |
| 1 <i>teaspoon Salt.</i> | 1 <i>cup Chopped Walnuts.</i>        |

Sift flour and salt into a basin. Stir in wheaten meal, sugar, and baking soda, the sugar and soda sifted together. Add finely chopped walnuts and treacle, or use ½ treacle and ½ syrup. Beat for a few moments till light. Bake in a buttered loaf tin for about 1 hour. This loaf is better kept for a few days before cutting.

**CHELSEA BUNS**

- |                            |               |                                     |
|----------------------------|---------------|-------------------------------------|
| 1 <i>lb. Flour.</i>        | 1 <i>Egg.</i> | 2 <i>teaspoons Ground Cinnamon.</i> |
| ½ <i>oz. Yeast.</i>        |               | 3 <i>oz. Butter.</i>                |
| 3 <i>oz. Castor Sugar.</i> |               | 1½ <i>gills Milk.</i>               |
| ½ <i>lb. Currants.</i>     |               | <i>Pinch of Salt.</i>               |

Sift flour, salt and cinnamon into a basin. Mix in the sugar, keeping back one teaspoonful. Mix the yeast with the remainder of the sugar till they are liquid. Heat butter and milk till lukewarm and add to yeast, then stir this mixture into the beaten egg and pour into the centre of the flour. Mix to a soft dough then cover with a cloth and set in a

warm place to rise for about  $1\frac{1}{2}$  hours, or until it has doubled its bulk. Turn dough on to a floured board, knead it lightly then divide into two portions. Roll out each to an oblong shape. Melt  $\frac{1}{2}$  oz. butter and brush the dough with it, then sprinkle with cleaned currants and dredge with castor sugar. Roll up dough as for a Swiss roll and cut into pieces  $1\frac{1}{2}$  inches thick. Stand on a floured and greased baking sheet for 20 to 30 minutes to rise. Shake coarsely crushed loaf sugar over them and bake in a quick oven for 25 minutes.

### CLOVA SCONES

$\frac{1}{2}$ lb. Flour.	Salt.	1 Egg.	Milk.
1 dessertspoon Castor Sugar.		$\frac{1}{2}$ teaspoon Baking Soda.	
$\frac{1}{2}$ teaspoon Cream of Tartar.		Weight of 1 Egg in Butter.	

Sift flour. Mix in sugar, soda, cream of tartar and a pinch of salt. Rub in butter till mixture is like breadcrumbs. Add egg, slightly beaten, and enough milk to make a stiff but soft dough. Roll out on a lightly-floured board. Cut into rounds. Bake in a quick oven for 10 minutes.

### CRUMPETS

1 lb. Flour.	$\frac{1}{2}$ oz. Yeast.
1 Egg.	$\frac{1}{2}$ teaspoon Salt.
Milk.	Tepid Water (98°F.)

Stir the yeast to a cream. Sift salt and flour into a basin. Stir the beaten egg into the yeast, dilute with  $\frac{1}{2}$  pint tepid milk (98 degrees Fahr.), then add the flour. Beat well till smooth, adding more milk or tepid water till you get a smooth batter slightly thicker than required for pancakes. Cover, and allow to rise in a warm place for  $1\frac{1}{2}$  hours. Pour batter into rings on a hot girdle and bake, turning only once. Serve toasted and buttered, and rolled up, if liked.

### DEVONSHIRE SPLITS

1 lb. Flour.	1 or 2 oz. Butter.
$\frac{1}{2}$ oz. Castor Sugar.	2 gills Warm Milk.
$\frac{1}{2}$ oz. Yeast.	Pinch of Salt.

Cream the yeast with the sugar. Dissolve butter in warm milk. Add a pinch of salt to flour, then make a well in the centre, and pour in the yeast, milk, and butter. Mix to a smooth dough, cover, and stand in a warm place to rise for 1 hour. Turn on to a lightly floured pastry board. Knead

well. Shape into small rounds  $\frac{1}{2}$  an inch thick, and brush with milk. Place close together on a buttered baking sheet, and bake in a hot oven for 15 minutes. Serve hot or cold, pulled apart, split and spread with strawberry jam and Devonshire cream, after buttering, if you like.

### • FLANNEL CAKES

$\frac{1}{2}$ lb. Flour.	2 Eggs.	$\frac{1}{2}$ oz. Baking Powder.
$\frac{1}{2}$ oz. Castor Sugar.		$\frac{1}{4}$ teaspoon Salt.

Sift flour and baking powder into a basin. Make a hole in centre, crack in eggs, then add sugar and salt. Beat thoroughly with a whisk till batter is smooth and light, adding milk if necessary. Now lightly butter a large frying pan or a girdle, and as soon as pan is thoroughly hot, pour in batter in tablespoonfuls, letting it fall in as round shapes as possible. Cook till bubbles form on top, then turn and cook on other side. Pile up on a hot dish covered with a napkin, and keep hot till all are ready, buttering the pan between each batch. Serve with maple syrup.

### FORFAR FRUIT LOAF

$\frac{1}{2}$ lb. Margarine.	2 teaspoons Baking Powder.
2 Eggs. 1 lb. Flour.	$\frac{1}{2}$ lb. Castor Sugar.
$\frac{1}{2}$ lb. Sultanas.	$\frac{1}{2}$ lb. Currants
2 oz. Almonds.	2 tablespoons Milk

Beat margarine and sugar to a cream. Sift flour and baking powder together. Beat eggs. Add flour and eggs alternately to the margarine and sugar. Lightly stir in washed and dried currants, and picked sultanas, chopped, blanched almonds, and milk. Mix well, but lightly. Pour into a well-buttered loaf tin. Bake in a fairly hot oven from  $2\frac{1}{2}$  to 3 hours, but test cake at the end of  $2\frac{1}{2}$  hours with a skewer in case it is done.

### KRAPFEN

1 pint Light Bread Dough.	$\frac{1}{2}$ cup Shredded Citron.
2 oz. Butter. 2 Eggs.	$\frac{1}{4}$ teaspoon Cinnamon.
$\frac{1}{2}$ Grated Nutmeg.	1 cup Sugar

Take bread dough when it is ready to mould. Put it in a large bowl. Add cinnamon, butter, sugar and nutmeg. Break in eggs. Beat with hand or stiff egg beater till free from "strings." Add fruit, floured. Pour into a greased, round cake tin. Cover. Stand in a warm place till very light. Bake  $\frac{3}{4}$  hour in a moderately quick oven.

## MY HOT CROSS BUNS

2 oz. <i>Fresh Butter.</i>	2 oz. <i>Compressed Yeast.</i>
1 lb. <i>Flour.</i>	2 oz. <i>finely-chopped Mixed Peel.</i>
2 oz. <i>Castor Sugar.</i>	$\frac{1}{2}$ lb. <i>Washed Currants.</i>
<i>Salt. Mixed Spice. Milk.</i>	

Crumble yeast into a small basin. Cover it with tepid milk. Rub butter into flour in another bowl. Add salt to taste, finely chopped peel, currants and a little mixed spice. Make  $\frac{3}{4}$  pint milk lukewarm, and dissolve the sugar in it. Stir in the soaked yeast and milk until it becomes a perfectly smooth paste. Add gradually, the warm milk and sugar. Pour it into the middle of the flour. Stir it round with the hand. Work into a soft, smooth dough. Turn on to a floured board, and divide into small pieces of equal size. Shape each into a smooth ball. Place on a floured baking sheet, leaving space between each, and place near a fire, covering the buns with a cloth. When they have risen sufficiently, about  $\frac{1}{2}$  an hour, mark them very deeply with the back of a knife in the form of a cross. Put them at once into a well-heated oven. Bake until nicely browned. Shortly before they are done, I usually brush the tops over with a glaze made of 1 tablespoon castor sugar beaten with 1 egg white.

## RICE GIRDLE SCONES

2 cups <i>Hot Boiled Rice.</i>	3 teaspoons <i>Baking Powder.</i>
2 cups <i>Flour.</i>	1 pint <i>Milk.</i>
2 Eggs.	1 teaspoon <i>Salt.</i>

Sift flour, baking powder, and salt into a basin. Mix together beaten egg yolks and milk. Stir liquid into dry ingredients. Lastly, fold in lightly, stiffly frothed egg whites. Cook on a greased girdle, turning cakes on second side after first side is brown. Serve with butter and maple syrup.

## SCOTCH OATCAKES

1 cup <i>Oatmeal.</i>	1 teaspoon <i>Dripping, or Bacon</i>
$\frac{1}{2}$ teaspoon <i>Soda.</i>	<i>or Ham Fat.</i>
$\frac{1}{2}$ cup <i>Water.</i>	<i>Large pinch of Salt.</i>

Heat girdle. Mix meal and salt. Mix soda and fat with a little hot water just enough to melt fat. Make up to the quantity required with cold water. Add to meal, making a soft paste, turn out, and knead firmly. When smooth, form into a round, press out with the hands, then roll with rolling pin to thickness required. Rub over firmly with meal, cut in three or four, then turn and rub other side

with meal. Cook on a hot girdle till the edges curl, then toast in front of the fire or under the grill.

### TEA CAKES

1 oz. Yeast.	1 Egg.	$\frac{1}{2}$ teaspoon Salt.
1 teaspoon Sugar.		1 lb. Flour.
2 oz. Butter.		$\frac{1}{2}$ pint Warm Milk and Water.

Dissolve yeast and half the butter in the warm milk and water. Add sugar and salt, a tablespoon of the flour and the egg, well beaten. Put remainder of flour in a basin, make a well in the centre then pour in the liquid. Sprinkle a little flour from the sides on top. Cover with a cloth and set in a warm place to work for about 15 minutes. Knead all well together, then turn on to a board and work for 10 minutes. Divide the dough into four parts. Butter four cake tins, put a piece of dough in each tin and set to rise in a warm place. When dough is well risen, brush over with whole beaten egg or with milk. Bake in a moderate oven for about 20 minutes.

### WAFFLES

1 $\frac{1}{2}$ cups Flour.	3 teaspoons Baking Powder.
1 cup Milk.	1 tablespoon Melted Butter.
2 Eggs.	$\frac{1}{2}$ teaspoon Salt.

Mix and sift dry ingredients into a basin. Stir in milk by degrees, then well-beaten egg yolks and fat. Lastly, fold in the stiffly-frothed egg whites. Cook in a hot waffle iron. Serve with butter and honey or syrup.

### WALNUT AND RAISIN BREAD

1 cup Castor Sugar.	1 teaspoon Salt.
4 cups Flour.	1 Egg.
2 cups Milk.	4 teaspoons Baking Powder.
$\frac{1}{2}$ cup Chopped Raisins.	1 cup Chopped Walnuts.

Sift flour, salt, sugar and baking powder together. Add beaten egg to milk. Lightly flour chopped raisins. Add raisins and nuts to flour, then mix in liquid with a wooden spoon. Place in 2 small buttered loaf tins. Stand for 20 minutes. Bake from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour in a moderate oven till well done. Best not eaten till at least a day old. Slice thinly and butter.

# BISCUITS AND CAKES

## HINTS FOR MAKING CAKES SUCCESSFULLY

1. Have all utensils and ingredients collected before starting to mix cakes.
2. Grease any tins required before mixing.
3. Use castor sugar when a white sugar is required.
4. See to the temperature of your oven before starting to mix, unless the cake is a very rich one that takes a long time to prepare.

## APPROXIMATE TIMES FOR BAKING CAKES

Sponge (in shallow tins)	..	30—40 mins.	350—375° F.
Sponge (in loaf tins)	..	45—60 "	350—375 "
Layer Cakes	..	20—30 "	350—400 "
Large Fruit Cakes	..	2—3½ hrs.	350 "
Biscuits	..	5—12 mins.	375—400 "
Plum Cake	..	..	350 "
Madeira Cakes	..	45—60 "	350—375 "

## TO MIX CAKES

If fat is hard, heat mixing bowl with warm water before starting to cream. Beat fat to a cream with a wooden spoon before beating in the sugar. When stiffly frothed egg whites are to be added, be sure only to fold them in last thing. Mix a sponge cake in a very large bowl to allow plenty of room for beating.

## TO PREPARE TINS

1. Line tins required for very sweet cakes or for cakes made with treacle with waxed or oiled paper.
2. Oil layer cake tins with a brush. If a very smooth surface texture is wanted, dust tin thickly with flour after oiling, then turn it upside down and tap it sharply on the table to remove any loose flour.
3. Grease tins required for rich fruit cakes carefully, then line smoothly with two or three layers of greased or oiled paper and stand pans in a baking tin lined with a two-inch layer of kitchen salt. Lap the salt closely round the bottom rim before placing cake in the oven.
4. The fat used for greasing paper which comes next to the mixture must be unsalted.
5. Do not fill cake tins too full. Two-thirds full is full enough unless otherwise stated. Hollow rich fruit cakes

slightly in the centre before putting in the oven. Rap tins or pans, when filled with mixture, forcibly on the table to break any large air bubbles. Spread all sponge batter, both for shallow and deep cakes, gently and evenly over the surface of the pan or tin, and see that the batter is a little thicker round the sides of the pan than in the middle so as to ensure a smooth, even surface, when baked.

#### TO MAKE A SUCCESS OF CAKES

1. Do not move cakes in the oven until they have reached their fullest height, or they may fall.

2. Too hot an oven causes a cake to brown on top before it has finished rising. If cakes brown too rapidly, reduce heat, and cover with a sheet of greased paper.

3. Never bake more than one kind of cake in the oven at the same time.

4. If your oven is too slow, cakes may be heavy.

5. To bake large cakes, place in the lower part of the oven so that the under heat will help them to rise to their fullest height before they start to brown. Divide period of baking into three. During first, oven should be only moderately hot. When cake has risen, increase heat to form a crust and brown top. During third, reduce heat till cake is thoroughly cooked in centre. To test as to whether a cake is done or not, insert a knitting needle or fine skewer. If it comes away clean, cake is ready to move from oven. If sticky, bake a few moments longer. When done, cake should shrink slightly from sides of the pan. Remove paper from cake while hot. If left till cold, it is difficult to remove it without breaking the cake. Cool all cakes, pastry, scones, etc., on a cake rack well away from draughts. Too much flour will make a cake rise too high and crack. Too little will make it fall. Too much fat gives you a soggy cake. Too much sugar gives you a heavy cake. If you do not beat or cream butter and sugar sufficiently, the texture of cake will be coarse. If you beat it too much, it will have large holes.

#### UTENSILS REQUIRED :

<i>A set of Mixing Bowls.</i>	<i>Set of Wooden Spoons.</i>
<i>Biscuit Cutters, including a</i>	<i>Sponge Finger Tins.</i>
<i>Bridge Set of Cutters.</i>	<i>Swiss Roll Tin. Patty Jars.</i>
<i>Plain and Fluted sets of Round</i>	<i>A set of Square Tins.</i>
<i>Layer Cake Tins.</i>	<i>Palette Knife.</i>
<i>Icing Equipment.</i>	<i>Cake Rack for cooling Teabread.</i>
<i>Measuring Cup (average teacup in size), and Spoons, etc.</i>	

## BISCUITS AND SMALL CAKES

## ABERNETHY BISCUITS

$\frac{1}{2}$ lb. Flour.	1 small teaspoon Carraway Seeds.
8 oz. Sugar.	$\frac{1}{2}$ teaspoon Baking Powder.
1 Egg.     3 oz. Butter.	1 tablespoon Milk.

Sift flour and baking powder into a basin. Rub in butter. Add sugar, seeds, and moisten with beaten egg and milk. Turn on to a floured board. Roll out thinly, and cut into rounds. Place on a greased baking sheet, and bake for 10 minutes in a moderate oven. Cool on a rack.

## CHOCOLATE BISCUITS

3 Eggs.     Salt.	2 oz. Castor Sugar.
1 oz. Grated Chocolate.	2 oz. Flour.     Vanilla.

Whip yolks of egg with castor sugar till quite frothy. Stir in lightly, grated chocolate, and flour sifted with a tiny pinch of salt. Add a few drops of vanilla, then lightly fold in stiffly frothed egg whites. Drop in tiny heaped rounds from the point of a teaspoon on to a buttered tin at some distance from each other to allow them to spread. Lightly dust with castor sugar. Bake in a moderate oven for about ten minutes or till firm. Cool on a rack.

## CHOCOLATE CAKES

$\frac{1}{2}$ lb. Butter.     3 oz. Flour.	1 oz. Chopped Almonds.
$\frac{1}{2}$ lb. Castor Sugar.	$\frac{1}{2}$ teaspoon Vanilla Essence.
3 oz. Grated Chocolate.	3 Eggs.

Cream butter, add sugar and beat well, then stir in egg yolks and beat well. Add sifted flour, chocolate, almonds and essence. Whip egg whites to a stiff froth with a pinch of salt, then stir lightly into the mixture. Grease and flour patty pans and put a spoonful of the mixture in each. Bake in a slow oven. Cool cakes on a rack, then spread with icing sugar moistened with water.

## CHOCOLATE MACAROONS

3 Egg Whites.	3 oz. Ground Almonds.
1 oz. Ground Rice.	3 oz. Grated Chocolate.
$\frac{1}{2}$ lb. Castor Sugar.	

Stir dry ingredients lightly into stiffly frothed whites of egg. Shape into small balls quickly. Place balls on wafer



paper on a baking sheet, keeping them a little distance apart. Bake in a cool oven till crisp. Serve when cold with fruit salad or ice-cream.

### DATE KISSES

80 Dates.  
1 Egg White.

1 cup Chopped Walnuts.  
1 cup Castor Sugar.

Chop dates finely. Beat white of egg till very stiff. Stir sugar, gradually, into white of egg, then nuts, then dates. Arrange in heaped teaspoonfuls on buttered baking tins. Bake in a slow oven for about 45 minutes. Sometimes I substitute chopped almonds for walnuts.

### DOUGHNUTS

2 cups Flour. 1 Egg.  
 $\frac{1}{2}$  cup Milk.  
2 tablespoons Butter.

$\frac{1}{2}$  cup Syrup.  
 $\frac{1}{2}$  cup Castor Sugar.  
3 teaspoons Baking Powder.

Beat butter and sugar to a cream. Stir in beaten egg, milk, syrup, and flour sifted with baking powder, and  $\frac{1}{2}$  teaspoon grated nutmeg or ground mace, if liked. Roll out on a floured board and cut into rounds, then with a cutter the size of a thumb, remove a tiny round from the inside, so as to form rings. Fry in deep smoking hot fat till crisp and deep gold. Drain on paper, then dredge with castor sugar.

### GINGER BISCUITS

1 lb. Flour.  
 $\frac{1}{2}$  lb. Castor Sugar.

1 tablespoon Ground Ginger.  
 $\frac{1}{2}$  lb. Butter. 2 Eggs.

Sift flour and ginger into a basin. Rub in the butter, then stir in the sugar. Beat eggs well and stir into dry ingredients. Knead to a soft dough, then turn on to a lightly-floured pastry board. Roll out thinly and cut with a cutter into rounds or fancy shapes. Place in a buttered baking tin and bake in a moderate oven till crisp and golden.

### GINGER SPICE CAKES

$\frac{1}{2}$  teaspoon Soda.  
 $\frac{1}{2}$  cup Butter.  
 $\frac{1}{2}$  cup Sugar.  
 $\frac{1}{2}$  cup Treacle.  
1 well-beaten Egg.

1 cup and 2 tablespoons Flour.  
 $\frac{1}{2}$  teaspoon each Ginger, Cloves,  
Cinnamon, Nutmeg.  
 $\frac{1}{2}$  teaspoon Salt.  
 $\frac{1}{2}$  cup Hot Water.

Sift flour with ginger, cloves, cinnamon, nutmeg, soda and

salt. Butter and flour muffin pans. Mix butter and sugar well. Add egg, treacle, flour and spices, and, slowly, hot water. Beat well. Half-fill pans and bake about 20 minutes in a moderate oven. May be served hot with whipped cream for dessert or as cold cakes with tea or coffee.

### NAPOLEON BISCUITS

$\frac{1}{2}$ lb. Flour.	6 oz. Butter.
1 Egg Yolk.	2 oz. Ground Almonds.
$\frac{1}{2}$ lb. Castor Sugar.	

Rub butter into flour. Add sugar and almonds. Mix with enough yolk of egg to make a very stiff paste. Set aside for an hour, then roll out into thin sheets, stamp into rounds, and bake a pale brown in buttered tins in a hot oven. Spread half the rounds with lemon curd, put two together, and sprinkle on both sides with icing sugar.

### PALACE BISCUITS

$\frac{1}{2}$ lb. Ground Almonds.	5 oz. Castor Sugar.
$\frac{1}{2}$ lb. Sifted Flour.	1 tablespoon Cream.
8 large Eggs. 5 oz. Butter.	1 teaspoon Baking Powder.

Beat butter and sugar in a basin till creamy, then gradually and lightly stir in flour and beaten eggs alternately, leaving a little flour to sift in with the baking powder after the cream has been added. Bake in greased baking tin lined with buttered paper and when cold, split and spread with apricot or raspberry jam. Now cut into fingers and cover with Merna Icing.

### PITCAITHLY BANNOCK

13 oz. Sifted Flour.	2 oz. Rice Flour.
2 oz. Minced Almonds.	4 oz. Castor Sugar.
2 oz. Minced Orange Peel.	8 oz. Butter.

Rub butter into the sugar, then knead in first the rice flour, then half of the flour. Mix almonds, which should be blanched before mincing, and peel, with flour. Knead all together into a smooth paste, then shape into rounds or mould in a floured shortbread mould. If you shape with the hand, pinch the edges with the forefingers and the thumbs, round the edge, and prick on top with a fork. Bake on a buttered tin or baking sheet in a steady, moderate oven till crisp and golden. Cool on a wire tray.

## QUEEN GEMS

$\frac{1}{2}$ lb. Flour.	3 oz. Sugar.
$1\frac{1}{2}$ oz. Currants.	$\frac{1}{2}$ teaspoon Baking Powder.
1 Lemon. 2 Eggs.	2 tablespoons Milk.
3 oz. Butter.	1 teaspoon Brandy.

Beat butter and sugar to a cream. Beat eggs. Sift flour with baking powder and add flour and egg alternately to sugar. Stir in washed and dried currants, brandy, and grated lemon rind. Add milk. Beat mixture well, and half-fill buttered patty pans. Bake 15 minutes in a quick oven.

## ROCK CAKES

1 lb. Flour.	2 Eggs.	$\frac{1}{2}$ lb. Moist Sugar.
$\frac{1}{2}$ lb. Currants.		6 oz. Butter.

Sift flour into a basin. Rub in butter, then mix in sugar. Clean currants and stir into mixture with a few drops of lemon essence. Beat eggs well and add. Mix all well together. Drop in lumps on a buttered baking sheet and bake in a moderate oven. If liked, 2 oz. chopped candied peel can be added with the currants, or seeds substituted for the fruit.

## SCOTCH SHORTBREAD

$\frac{1}{2}$ lb. Butter.	12 oz. Flour.
2 oz. Rice Flour.	5 oz. Castor Sugar.

Rub butter into sugar. Gradually work in with your hands first the rice flour, then the flour. Keep on kneading till dough is free from cracks. Divide in two. Shape into rounds. Prick with a fork. Pinch round edges. Bake on a buttered tin till golden and firm.

## STEPS AND STAIRS

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ lb. Butter.	$\frac{1}{2}$ lb. Castor Sugar.
1 Egg. Cold Water.		1 teaspoon Ground Cinnamon.
$\frac{1}{2}$ teaspoon Baking Powder.		1 teaspoon Mixed Spice.

Beat butter and sugar to a cream. Add spices, omitting cinnamon, if liked. Stir in flour and baking powder, then moisten with egg, and a little cold water if any is needed to make dough into a soft, but dry, rollable paste. Turn on to a floured board, roll out very thinly, cut half into scalloped rounds with a medium-sized cutter, then cut remainder with a smaller one so as to give terraced effect when both are baked and the smaller ones are spread with apricot or raspberry jam, and laid in the centre on top of large ones. Bake in buttered tins in a fairly quick oven for 15 minutes or a

few minutes longer, depending on oven heat. Cool on a cake rack. Put together with jam, as mentioned, or with icing sugar dissolved to a paste with cold water and flavoured orange essence. Sprinkle with icing or castor sugar and decorate top of each with a tiny cube of jelly or rose of butter icing.

## LAYER CAKES

### SWISS ROLL

8 oz. Flour.	8 Eggs.	4 oz. Castor Sugar.
8 tablespoons Heated Jam.		1 teaspoon Baking Powder.

Line greased oblong baking tin with paper, brush over with oiled unsalted butter. Break the eggs into a basin, add sugar and beat till creamy. Sift the flour with baking powder and fold in. Spread the mixture evenly over the tin, bake in a hot oven—475 deg. F.—for 7 minutes, or till the sponge is firm and golden. Turn quickly on to a damp cloth sprinkled with castor sugar, remove paper. Spread with hot jam, roll up and sprinkle with castor sugar. Cool on a cake rack.

### VANILLA SANDWICH

8 Eggs.	Salt.	2 teaspoons Vanilla.
$\frac{1}{4}$ lb. Icing Sugar.		Weight of 2 Eggs in Butter,
$\frac{1}{2}$ teaspoon Baking Powder.		Sugar and Flour.

This is a simple sponge layer cake that can be put together with any filling you like, including jam. Cream butter and sugar in a basin. Sift flour with baking powder and a tiny pinch of salt. Beat two eggs and one yolk together, and add flour and eggs alternately to butter and sugar. Stir in vanilla, then spread mixture in layer cake tins. Bake in a moderate oven till golden in about 25 to 30 minutes. Turn on to a cloth lightly sprinkled with castor sugar and when cold, ice, and put together with jam, lemon cheese, or whipped cream, etc.

### AMERICAN RIBBON CAKE

2 cups Castor Sugar.	$\frac{1}{2}$ cup Butter.
$\frac{1}{4}$ cup Figs.	$\frac{1}{4}$ cup Seeded Raisins.
$3\frac{1}{2}$ cups Flour.	5 level teaspoons Baking Powder.
1 cup Milk.	$\frac{1}{2}$ teaspoon Ground Cinnamon.
1 teaspoon Treacle.	$\frac{1}{2}$ teaspoon Grated Nutmeg.
2 oz. Glace Fruits.	$\frac{1}{2}$ teaspoon Ground Mace.

Cream butter and sugar. Add beaten egg yolks, mixed with milk, alternately with sifted flour, to the butter and sugar. Sift baking powder with  $\frac{1}{2}$  cup flour, and stir in last of all, then fold in frothed egg whites. Bake  $\frac{2}{3}$  of mixture in 2 well-buttered layer cake tins for about 30 minutes. Mix

together chopped raisins, glacé fruit, and finely minced figs. Stir in spices and treacle. Mix with remainder of first mixture. Bake in a tin like the other used. Put layers together with apple or quince jelly, the dark sides in centre.

### CHOCOLATE LAYER CAKE

1 cup Butter.	1 tablespoon Baking Powder.
8 Eggs.	3 cups Flour.
1 cup Milk.	$\frac{1}{2}$ cup Grated Chocolate.
1 cup Sugar.	$\frac{1}{2}$ cup Chopped Walnuts.

Cream butter and sugar in a basin. Add flour, sifted with baking powder, and beaten eggs, mixed with milk, alternately. Stir in chocolate and walnuts, lightly dredged with flour. Bake in three small, well-greased layer cake tins for about  $\frac{1}{2}$  an hour, and when firm, cool on a rack. Put layers together with whipped cream filling, and ice with orange icing.

### CHOCOLATE SPONGE ROLL

2 squares Chocolate.	2 tablespoons Butter.
2 Eggs.	2 teaspoons Baking Powder.
1 $\frac{1}{4}$ cups Flour.	$\frac{1}{2}$ teaspoon Salt.
1 teaspoon Vanilla.	1 cup Castor Sugar.
1 cup Hot Water.	

Add sugar gradually to well beaten eggs, then stir in hot water. Add vanilla, melted chocolate, and melted butter, without heating. Sift flour, baking powder, and salt together three times, then sift into mixture, folding in as lightly as possible. Pour into a large baking tin lined with oiled paper. Batter should not be more than  $\frac{1}{4}$  inch thick. Bake in a moderate oven for about 20 minutes. Turn out on to a wet, hot cloth. Remove crust quickly from 4 sides and spread at once with plain icing. Roll up.

### SWISS ROLL

3 oz. Flour.	3 Eggs.	4 oz. Castor Sugar.
3 tablespoons Heated Jam.		1 teaspoon Baking Powder.

Line greased oblong baking tin with paper, brushed with oiled unsalted butter. Break eggs into basin, add sugar, and beat till creamy. Sift flour with baking power and fold in. Spread mixture evenly over tin. Bake in hot oven till sponge is firm and golden. Turn quickly on to damp cloth sprinkled with castor sugar, and remove paper. Spread with hot jam, roll up, and sprinkle with castor sugar. Cool on cake rack.

### LAWN TENNIS LAYER CAKE

5 oz. Flour.	4 oz. Butter.
2 oz. Cornflour.	3 oz. Glace Cherries.
5 oz. Sugar.	2 oz. Candied Peel.
4 oz. Sultanas.	1 teaspoon Baking Powder.
4 Eggs.	

Cream butter. Add sugar, then flour, gradually moistening with yolks and stiffly beaten egg white. Stir in cornflour, and lastly add fruit. Pour into buttered layer cake tins and bake in a hot oven for about 10 minutes, then cook slowly till done. Try with a skewer. As soon as cake leaves sides of pan clean, remove from oven. Cherries should be halved, sultanas well dried, and peel finely minced before adding to cake mixture. When cake is cool, put together with almond paste. See page 325.

### ORANGE LAYER CAKE

5 Eggs.	2 cups Castor Sugar.
$\frac{1}{2}$ cup Butter.	2 cups Flour.
1 Orange Rind.	2 teaspoons Baking Powder.
$\frac{1}{2}$ cup Orange Juice.	Lemon Cheese.

Beat butter and sugar to a cream. Sift flour and baking powder together. Stir flour and eggs alternately into butter. Add grated orange rind and orange juice. Beat lightly, then fold in stiffly frothed whites of eggs. Bake in two buttered layer cake tins till crisp and golden on the outside, in about  $\frac{1}{2}$  an hour. Cool on a teacloth sprinkled with castor sugar. Put layers together with lemon cheese. Cover with 1 stiffly frothed white of egg mixed with the juice of 1 large orange and lemon and icing sugar—from  $1\frac{1}{2}$  to 2 cups—adding fruit juice and sugar alternately. Decorate with leaves cut out of crystallised orange slices.

### PINEAPPLE LAYER CAKE

$\frac{1}{2}$ lb. Flour.	5 Eggs.	2 small teaspoons Baking
$\frac{1}{2}$ lb. Butter.		Powder.
6 oz. Castor Sugar.		Pineapple Filling.

Break eggs one by one into a cup, then turn each into a basin as you find they are fresh. Beat till frothy, then add sugar, and whisk for 5 minutes. Now stand basin over a pan of boiling water and whisk it until mixture is a lighter colour and thick and ropy. Warm butter gently till oiled, sieve flour and baking powder together, and add alternately with butter to eggs. Divide mixture between two layer cake tins, lined smoothly with buttered paper and bake in a quick oven for about 30 minutes or till thick and spongy. Cool on cake rack, then cut each round in half and put the four rounds together with pineapple filling. Cover cake with thin glacé icing, flavoured maraschino, and coloured pink with cochineal, wreath edges with glacé cherries, and angelica and arrange glacé pineapple prettily in centre.

## STRAWBERRY WHIP CAKE

 $\frac{1}{2}$  cup Butter. $1\frac{1}{2}$  cups Flour. $\frac{1}{2}$  cup Milk. 2 Eggs.

1 cup Castor Sugar.

 $2\frac{1}{2}$  level teaspoons Baking Powder. Salt.

Cream butter and sugar. Sift flour with baking powder, and  $\frac{1}{2}$  teaspoon salt. Add flour and milk, mixed with beaten egg yolks, alternately to cream. Fold in stiffly frothed whites of eggs. Bake in buttered layer cake tins till firm and pale gold, in about  $\frac{1}{2}$  an hour. Cool on a cake rack. Put halves together with strawberry whip and ice with orange icing.

## VANILLA LAYER CAKE

2 cups Flour.

4 Eggs. 1 cup Milk.

4 tablespoons Butter.

2 cups Sugar.

2 teaspoons Vanilla.

2 teaspoons Baking Powder.

Beat eggs and sugar to a yellow foam in a basin. Heat milk and butter in a double boiler, and lightly stir in sifted flour to the eggs and sugar. Add vanilla,  $\frac{1}{2}$  teaspoon grated lemon rind, milk, butter, and lastly baking powder. Put mixture in two warm buttered sandwich tins. Bake in a quick oven for about 30 minutes, and when golden brown and firm, turn out on to sugared paper. Put layers together with Highland filling, or with walnut butter icing.

## FILLINGS FOR CAKES

## APPLE CURD

8 lb. Tart Apples.

 $\frac{1}{2}$  pint Water.

2 Yolks of Eggs.

 $1\frac{1}{2}$  lb. Sugar.

4 oz. Butter.

 $\frac{1}{2}$  teaspoon Ground Cinnamon.

Peel, core and slice the apples. Simmer gently in the water until thoroughly cooked. Beat until smooth or rub through a sieve. Add the sugar, cinnamon, beaten eggs and butter. Stir over a gentle heat until the eggs cook and thicken, but do not boil. Pot immediately and make as required.

## CARAMEL FILLING

1 cup Sugar.

 $\frac{1}{2}$  teaspoon Vanilla.

1 Egg Yolk.

 $1\frac{1}{2}$  cups Hot Milk. $\frac{1}{2}$  cup Flour.

Melt half of the sugar in an iron frying pan till it looks like syrup. Stir in the hot milk very gradually. Mix the remaining sugar with the flour, stir in a little of the hot sugar mixture, and add it to the rest. Cook, stir well until



1—First; collect all utensils and ingredients

2—Before beginning to make the mixture, line a greased oblong baking tin with paper, and brush over with oiled, un-salted butter.



2



3

3 Break the eggs into a mixing bowl, then add sugar.

4 When you have folded in the flour and baking powder, spread the mixture with a palette knife quickly and evenly over the tin.



4



2 - When the sponge is firm and golden, turn it quickly up to a damp cloth sprinkled with caster sugar, and remove the paper.

3 - Spread with top jam, after cutting off the edges.



7 - Roll up, with the aid of the stick, and sprinkle with caster sugar.

8 - Cool the roll on a cake rack.

it thickens, and then occasionally. Add well-beaten egg yolk, and vanilla, and spread between cake.

### CHOCOLATE FILLING

$\frac{1}{2}$ cup Milk.		$\frac{1}{2}$ cup Castor Sugar.
1 tablespoon Cornflour.		$\frac{1}{2}$ cup Grated Chocolate.

Mix dry ingredients. Stir in milk. Cook till thick, then cool, and add vanilla to taste.

### CONFECTIONERS' CUSTARD FILLING

$\frac{1}{2}$ pint Milk.	$\frac{1}{2}$ oz. Cornflour.
2 Egg Yolks.	1 Egg White.
$\frac{1}{2}$ teaspoon Vanilla.	1 dessertspoon Castor Sugar.

Mix cornflour to a paste with cold milk. Boil the  $\frac{1}{2}$  pint milk, and stir it into the cornflour. Return to saucepan, and boil, for a minute, then remove from fire. Beat in eggs and sugar. Bring to boil once again, remove from fire, and flavour with vanilla. 1 tablespoon chopped, blanched almonds can be added. Good filling for cream buns, éclairs, or sandwich cake. Sometimes I add 1 pat butter after removing from the fire for the last time.

### FRUIT WHIP

1 $\frac{1}{2}$ cups Sugar.	1 $\frac{1}{2}$ cups Grated Apple, or Mashed
2 Egg Whites.	Berries, or Minced Peaches,
Grated Rind of 1 Lemon.	or Grated Pineapple.

Mix all together, and beat with a wire egg beater until very, very stiff. If weather is warm, add 1 tablespoon gelatine, dissolved in cold water to cover, while beating.

### HIGHLAND FILLING

3 tablespoons Apricot Jam.	3 tablespoons Ground Almonds.
1 tablespoon Chopped Walnuts.	1 teaspoon Vanilla Essence.

Mix all together and use as a filling for a plain sponge or Victoria sandwich mixture.

### MOCHA FILLING

1 cup Icing Sugar.		2 teaspoons Cocoa.
$\frac{1}{4}$ cup Butter.		2 tablespoons Strong Coffee.

Sift the icing sugar, then mix all ingredients to a paste.

### ORANGE OR LEMON FILLING

2 tablespoons Butter.	1 tablespoon Orange or Lemon
1 cup Icing Sugar.	Juice and a little Grated
1 tablespoon Milk or Water.	Rind.

Cream butter and sugar well, then add water or milk till thin enough to spread, and flavour to taste.

### PINEAPPLE FILLING

1 gill Cream.

4 tablespoons Castor Sugar.

1 gill Grated Pineapple.

1 gill Sieved Ratafia Crumbs.

Whip cream till it really hangs on to the whisk, then stir gently into it the pineapple, sugar, and crumbs, and use.

### STRAWBERRY WHIP FILLING

1 cup Crushed Strawberries.

1 cup Granulated Sugar.

$\frac{1}{2}$  cup Water.

Maraschino.

2 Egg Whites.

Boil crushed fruit with sugar and water till mixture spins like a thread. Pour over stiffly whipped whites of eggs. Flavour with Maraschino, and beat till smooth. Use.

### WHIPPED CREAM FILLING

$\frac{1}{2}$  cup Thick Cream.

$\frac{1}{2}$  teaspoon Vanilla.

1 Egg White.

$\frac{1}{2}$  cup Icing Sugar.

Set a medium-sized bowl in a pan of crushed ice to which water has been added. Place cream in bowl and beat till stiff with a wire whisk or cream whipper. Whip up well so that air bubbles may not be too large. Add sugar, egg white stiffly beaten, and vanilla. Keep cool while using.

## ICINGS FOR CAKES

To ice a cake evenly to the very edge, and prevent icing from running down the sides, double a piece of stiff paper and pin collar closely about the cake, letting paper extend about an inch above the top of cake. Spread icing, decorate, and do not remove paper till icing is set.

### PLAIN ICING

1 cup Icing Sugar.

2 tablespoons Boiling Water or Milk.

$\frac{1}{2}$  teaspoon Vanilla, or Lemon, or other Essence, or 1 tablespoon Lemon Juice.

If cake is cold, heat liquid. Stir liquid into the sifted sugar, adding more, a few drops at a time, as needed. A little lemon added to any fruit juice improves the flavour. The icing is of the proper consistency to spread when it coats the spoon and conceals its colour.

## ALMOND PASTE

- |                                 |   |
|---------------------------------|---|
| 1 lb. Ground Almonds.           | 4 drops Almond Essence.                     |
| 2 lb. Icing Sugar. 5 Egg Yolks. | $\frac{1}{2}$ teaspoon each of Pineapple,   |
| 1 dessertspoon Noyeau.          | Orange, Rose, Lemon and                     |
| $\frac{1}{2}$ teaspoon Vanilla. | Violet Essence.                             |
| 1 dessertspoon Lemon Juice.     | $\frac{1}{2}$ teaspoon Orange Flower Water. |
| 1 teaspoon Rosewater.           | Melted Red Currant Jelly.                   |

Sift icing sugar through a hair sieve into a large basin. Stir in almonds. Mix with your fingers like rubbing in butter. Make a hole in centre. Add noyveau and lemon juice. If you don't care for noyveau, substitute 1 teaspoon heliotrope and 1 teaspoon honeysuckle essence. Add vanilla, other essences, and yolks of 4 eggs, keeping one back to see if you need it, or not. Knead and roll out on a pastry board, lightly dusted with icing sugar. If not moist enough to roll, add another yolk and if still too dry, add another yolk. Knead paste well like bread dough till free from cracks. Then roll strips for side of cakes, before rolling out rounds to fit the top. When sides are brushed with melted red currant jelly and paste moulded on, fit rounds neatly on top, and mould gently and evenly till your cakes are covered with almond paste. Leave overnight to harden.

## CARMEL ICING

- |                    |  |                         |
|--------------------|--|-------------------------|
| 1 cup Brown Sugar. |  | 1 teaspoon Butter.      |
|                    |  | $\frac{1}{2}$ cup Milk. |

Boil all three ingredients together till a little lifted on a spoon forms a thread. If using a candy thermometer, cook to 236 degrees Fahr. Beat till creamy, and spread while warm.

## CHOCOLATE ICING

- |                  |  |                                |
|------------------|--|--------------------------------|
| 8 oz. Chocolate. |  | $\frac{1}{2}$ gill Water.      |
|                  |  | $\frac{1}{2}$ lb. Icing Sugar. |

Boil chocolate with water for a few seconds, stirring all the time. Beat till smooth. Remove from fire, and beat in icing sugar very quickly. Flavour with vanilla and pour over cake.

## FUDGE ICING

- |                              |                          |
|------------------------------|--------------------------|
| 1 tablespoon Butter.         | $\frac{3}{4}$ cup Cream. |
| $\frac{1}{2}$ teaspoon Salt. | 2 cups Brown Sugar.      |

Cook all ingredients together until a little dropped into cold water forms a soft ball. If using a candy thermometer, it should register 238 degrees Fahr. Cool, and beat and spread while still warm.

## LOUISIANA ICING

$\frac{1}{2}$  teaspoon Vanilla.  
1 cup Icing Sugar.

2 tablespoons Strong Coffee.  
8 tablespoons Dry Cocoa.

Add coffee to icing sugar, till thin enough to spread. Flavour with cocoa and vanilla, and spread with a strong-bladed knife.

## MENA ICING

1 teaspoon Malted Butter.  
 $\frac{1}{2}$  teaspoon Vanilla Essence.  
Shelled Walnuts.

1 Egg White.  
2 tablespoons Milk.  
Icing Sugar.

Mix together the butter, and egg white, then add milk and vanilla essence and just enough icing sugar to make mixture spreadable. Beat well, spread on cakes or biscuits, and decorate with shelled walnuts, or mimosa balls.

## ORANGE ICING

1 cup Icing Sugar.  
2 tablespoons Orange Juice.

Grated Rind of  $\frac{1}{2}$  Lemon or  
Tangerine.

1 teaspoon Lemon Juice.

Add orange and lemon juice and rind to sugar, a little at a time, till thin enough to spread. Spread with a palette knife.

## ROYAL ICING

(For Christmas Cakes)

2 lb. Icing Sugar.

4 or 5 Egg Whites.

6 drops Acetic Acid.

6 drops Confectioners' Blue.

1 dessertspoon Lemon Juice.

Rub sugar with the point of a wooden spoon through the hair sieve, then add the whites of egg and beat well. Add acetic acid and lemon juice. Add confectioners' blue, beat well, and give cake its first coat of royal icing. Keep top edges sharp as possible when icing. If cake has risen too much in centre, which you can avoid by hollowing out centre slightly before baking, shew down till even then turn upside down and make the bottom the top. Give your cakes two coats of royal icing or even three, drying each coat before applying the next. Thicken icing with a little more sugar before you begin to decorate with the aid of an icing syringe and a forcing pipe. It is not necessary to add either acetic acid or confectioners' blue, but their addition to the icing makes it a purer white.

## WALNUT BUTTER ICING

2 cups Icing Sugar  
 $\frac{1}{2}$  tablespoon Cocoa

$\frac{1}{2}$  cup Fresh Butter.

4 tablespoons Strong Coffee.

1 tablespoon finely-minced Walnuts.

Beat butter and sugar to a cream. Add cocoa, coffee and nuts, finely chopped. Use.

### WHITE MOUNTAIN CREAM

1 cup Castor Sugar.

$\frac{1}{2}$  cup Cold Water.

1 teaspoon Vanilla.

1 Egg White.

Put sugar and water in a saucepan, and stir to prevent sugar adhering to the saucepan. Heat gradually to boiling point, then boil without stirring till syrup threads when dropped from tip of spoon. Pour syrup gradually over beaten white of egg, beating mixture constantly, and continue beating till of the right consistency to spread. Add vanilla, and pour over cake, spreading evenly with a palette knife. Crease as soon as firm. If not beaten long enough, frosting will run. If too long, it will not be smooth.

## LARGE CAKES

### BIRTHDAY CAKE

$\frac{3}{4}$  lb. Flour.  $\frac{1}{2}$  cup Milk.

2 oz. Almonds.

$\frac{1}{2}$  lb. Raisins.

$\frac{1}{2}$  teaspoon Ground Mace.

1 lb. Currants.

2 teaspoons Baking Powder.

6 oz. Brown Sugar.

$\frac{1}{2}$  lb. Mixed Peel.

2 oz. Brown Sugar.

$\frac{1}{2}$  teaspoon Grated Nutmeg.

3 Eggs. 7 oz. Butter.

Grated Rind of  $\frac{1}{2}$  Lemon.

Line a greased tin with four layers of greased paper. Place tin firmly on a bed of common kitchen salt, banked up on a baking tin. Sift flour, baking powder, mace and grated nutmeg and, if you use fresh butter or margarine,  $\frac{1}{2}$  teaspoon salt as well, into a basin. Rub in butter with tips of fingers, then clean and pick currants, seed and roughly chop raisins, shred mixed peel, and blanch and chop almonds. Mix the 6 ounces of sugar with flour, then add all the fruit. Now beat eggs with 2 ounces sugar for 10 minutes, mix into cake with grated lemon rind, then pour into prepared cake tin. Hollow out cake slightly and lightly in the centre, and bake steadily in the oven till dry when tested with a fine knitting needle or a skewer.

### CHERRY CAKE

$\frac{1}{2}$  lb. Butter.

$\frac{1}{2}$  teaspoon Baking Powder.

4 Eggs

$\frac{1}{2}$  lb. Flour.

$\frac{1}{2}$  lb. Sugar.

$\frac{1}{2}$  lb. Glacé Cherries.

2 oz. Citron Peel.

Grated Lemon Rind and 2 oz.

Pinch of Salt.

Preserved Ginger.

Beat butter and sugar to a cream. Add eggs, one by one, beating each in separately. Sift flour, baking powder, and salt together, and add to butter and eggs. Stir in halved cherries, chopped peel or ginger and 1 teaspoon grated lemon rind. Mix in a little more milk if necessary, and bake in a greased cake tin, lined with two layers of buttered paper, in a moderate oven for  $1\frac{1}{2}$  hours.

### CHRISTMAS CAKE

15 oz. <i>Flour.</i>	3 oz. <i>Chopped Glacé Cherries.</i>
12 oz. <i>Butter.</i>	15 oz. <i>Washed, Dried Sultanas.</i>
3 oz. <i>Mixed Peel.</i>	$1\frac{1}{2}$ <i>teaspoons Mixed Spice.</i>
6 or 7 <i>Eggs.</i>	$\frac{1}{2}$ <i>teaspoon Vanilla Essence.</i>
1 <i>dessertspoon Rosewater.</i>	$\frac{1}{2}$ <i>teaspoon Baking Powder.</i>
12 oz. <i>Broken Sugar.</i>	15 oz. <i>Washed, Dried Currants.</i>
<i>Pinch Salt. <math>\frac{1}{2}</math> gill Sherry.</i>	<i>Grated Lemon Rind.</i>

Stand butter and sugar in a basin where the butter will soften but not melt. Beat both well together till very creamy. Clean currants, sultanas, chop cherries, and peel, after removing sugar from centres. Beat eggs well together in a basin. Add a little of the flour, sifted with salt, to the cream of butter and sugar, then add a little beaten egg and flour alternately till eggs are all incorporated and flour nearly all added. Stir in flour and sherry in two portions, add fruit, grated lemon rind, spice, flavourings, and beat quickly for one minute before stirring in baking powder. Bake in one large prepared cake tin, in a moderate oven from 3 to  $3\frac{1}{2}$  hours, or if a two-tiered cake is wanted, bake in a large and in a small tin. If made into two cakes, from  $2\frac{1}{2}$  to  $2\frac{3}{4}$  hours should be enough. When ready, leave on a cake rack till quite cold before covering with almond paste and royal icing (see pages 325-6).

### COFFEE CAKE

1 <i>cup Demerara Sugar.</i>	$\frac{1}{2}$ <i>cup Butter.</i>
$2\frac{1}{2}$ <i>cups Flour.</i>	3 <i>well-beaten Eggs.</i>
$\frac{1}{2}$ <i>cup Treacle.</i>	1 <i>teaspoon Ground Cloves.</i>
$\frac{1}{2}$ <i>cup Cold Coffee.</i>	$\frac{1}{2}$ <i>teaspoon Carbonate of Soda.</i>
$\frac{1}{2}$ <i>teaspoon Cinnamon.</i>	1 <i>cup Stoned Raisins.</i>

Line a small greased cake tin with two layers of buttered paper. Chop raisins. Beat butter and sugar to a cream. Stir in alternately with egg, the flour sifted with cloves and cinnamon. Mix in treacle, raisins, and coffee in which soda is dissolved. Bake in a moderately hot oven till firm.

## DEMERARA CAKE

- |                            |         |                             |
|----------------------------|---------|-----------------------------|
| 5 oz. Butter.              |         | 1 teaspoon Baking Powder.   |
| $\frac{1}{2}$ lb. Flour.   | 2 Eggs. | 5 oz. Golden Syrup.         |
| 2 oz. Almonds.             |         | 1 teaspoon Ground Allspice, |
| 2 oz. Crystallised Ginger. |         | or Mace.                    |

Beat butter and syrup together. Beat in eggs. Sift flour and baking powder together, and add chopped crystallised ginger. If not moist enough, add a little milk. Turn into a greased tin. Sprinkle top with halves of almonds, blanched and skinned. Bake in a moderate oven for  $\frac{3}{4}$  hour.

## DUNDEE CAKE

- |                             |                                |
|-----------------------------|--------------------------------|
| $\frac{1}{2}$ lb. Flour.    | $\frac{1}{2}$ lb. Brown Sugar. |
| 7 oz. Butter.               | $\frac{1}{2}$ lb. Rice Flour.  |
| 6 oz. Sultanas.             | 1 oz. Almonds.                 |
| $\frac{1}{2}$ lb. Currants. | 2 oz. Mixed Peel.              |
| 3 Eggs.                     | About 1 gill Milk.             |

Grease and line a cake tin with greased paper. Clean and pick over fruit. Blanch the almonds and chop the peel. Beat butter and sugar to a cream. Beat eggs well then add to butter and sugar alternately with the flour. When well mixed stir in ground rice and milk. Add prepared currants, sultanas and peel, then beat for a few minutes. Turn mixture into prepared tin and decorate with the almonds. Bake in a moderate oven for from 2 to 2 $\frac{1}{2}$  hours. If cake is browning too fast, lay a piece of greaseproof paper over the top. When cooked, turn on to a cake rack. This cake is best if kept for a few days before cutting.

## FEATHER SPONGE CAKE

- |                   |                           |
|-------------------|---------------------------|
| 5 oz. Loaf Sugar. | $\frac{1}{2}$ gill Water. |
| 3 Egg Yolks.      | $\frac{1}{2}$ lb. Flour.  |
| 2 Egg Whites.     | Grated Lemon Rind.        |

Put sugar and water into an enamel saucepan. Bring to boil, and simmer slowly 5 minutes. Beat eggs slightly with a wire whisk, and pour syrup very slowly over them, beating all the time. Whisk steadily for  $\frac{1}{2}$  an hour till light and frothy, when sift flour, add lemon rind to taste, and fold lightly into mixture. Grease and line a fairly large cake tin with buttered paper, pour in mixture, and bake in a steady oven for  $\frac{3}{4}$  hour.



## GLASGOW GINGERBREAD

- |                                   |         |                                   |
|-----------------------------------|---------|-----------------------------------|
| 1 lb Flour                        | 2 Eggs. | $\frac{1}{2}$ lb Barbadoes Sugar. |
| $\frac{1}{2}$ lb Treacle.         |         | cup Water.                        |
| $\frac{1}{2}$ lb. Butter or Lard. |         | oz. Ground Ginger.                |
| 2 table-spoons Almonds.           |         | 1 teaspoon Baking Soda.           |

Melt fat with treacle and water. Mix all dry ingredients together, after sifting flour with ginger and soda. If liked, add  $\frac{1}{2}$  cup sultanas, chopped orange peel, or preserved ginger, or a mixture of peel and sultanas. Beat eggs well. Add alternately to the dry ingredients with treacle mixture. Pour into a well-greased tin. Dot with blanched almonds. Bake in a moderate oven from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour till firm.

## MADEIRA CAKE

- |                         |                           |
|-------------------------|---------------------------|
| $\frac{1}{2}$ lb Flour. | 5 oz Butter.              |
| 4 Eggs                  | 1 teaspoon Baking Powder. |
| 6 oz Sugar.             | 1 Lemon Citron Peel       |
| Salt.                   |                           |

Line a greased cake tin with four layers of greased paper. Beat butter and sugar in a basin. Beat in eggs one by one. Stir in flour sifted with baking powder, and a tiny pinch of salt, and add grated lemon rind. Turn into cake tin. Bake in a moderate oven for  $1\frac{1}{4}$  hours. When half done, place a slice of citron peel on top and finish baking. Cake will require about another  $\frac{1}{2}$  hour.

## NURSERY PLUM CAKE

- |  |                             |
|--|-----------------------------|
| $\frac{1}{2}$ cup Soft Butter.           | 1 cup Milk                  |
| $3\frac{1}{2}$ cups Flour.               | 1 teaspoon Ground Cinnamon. |
| $\frac{1}{2}$ lb. Pitted Sultanas.       | 1 oz. Glace Cherries        |
| $2\frac{1}{2}$ cups Brown Sugar.         | 4 Eggs                      |
| 5 teaspoons Baking Powder.               | 1 teaspoon Grated Nutmeg.   |
| oz. Mixed Candied Peel, slightly chopped |                             |

Sift flour with baking powder, cinnamon, and nutmeg. Rub butter in lightly. Stir in beaten eggs very lightly. Add prepared fruit, then a very little milk, just sufficient to make mixture wet enough to fall into a cake tin lined with 2 folds of buttered paper. Bake in a moderate oven for 2 hours. Ice when cold, if liked.

## SCOTCH LUNCH CAKE

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 3 oz. Butter.                       | $\frac{1}{2}$ lb Sifted Flour. |
| 4 oz. Sultanas.                     | 6 oz. Barbadoes Sugar.         |
| 1 well-beaten Egg.                  | 1 teaspoon Baking Powder.      |
| 1 gill Boiled Milk.                 | 1 saltspoon each Mace and      |
| Grated Rind of $\frac{1}{2}$ Lemon. | Ground Nutmeg.                 |

Rub butter into flour. Mix together cleaned and picked sultanas, sugar, baking powder, lemon rind, mace and nutmeg. Add dry ingredients to butter and flour. Stir in egg mixed with milk. If too dry, add more milk. Bake in a greased cake tin, lined with 2 folds of greased paper, in a moderate oven for 1 hour. Sprinkle with castor sugar when ready.

## SEED CAKE

5 oz. *Flour.*8 oz. *Butter.*2 *Eggs.*4 oz. *Sugar.*1 *teaspoon Baking Powder.*1 *dessertspoon Carraway Seeds.*

Beat butter and sugar to a cream. Add whipped egg gradually. Sift in flour and baking powder, then half of the carraway seeds. Sprinkle other half on top of cake after putting it in a greased and lined tin. Bake in a moderate oven for  $\frac{3}{4}$  hour.

## SIMNEL CAKE

 $\frac{1}{2}$  lb. *Butter.* $\frac{3}{4}$  lb. *Currants.*1 *teaspoon Baking Powder.* $\frac{1}{2}$  lb. *Citron Peel.* $\frac{3}{4}$  lb. *Flour.* $\frac{1}{4}$  oz. *Mixed Spice.* $\frac{1}{2}$  lb. *Sugar.*6 *Eggs.*

## ALMOND PASTE

2 oz. *Melted Butter.*1 lb. *Ground Almonds.*10 oz. *Castor Sugar.*2 *Eggs.**Juice of 2 Lemons.*

Beat butter and sugar to a cream in a basin. Beat in eggs one at a time. Add flour sifted with baking powder, washed and dried currants, chopped citron and spice. Stir well together. Put half the cake mixture into greased cake tin, lined with three layers of buttered paper. Place a layer, about half a pound, of almond paste on top, taking care that it is even in thickness. It should be about three-quarters of an inch thick. Cover with remainder of cake mixture. Press down well, and bake in a moderate oven. When nearly done, rough a roll of almond paste up with a fork, and place it round the edge. Cover with a piece of lichen paper, and return to oven to cook. Then remove paper and sprinkle top with water and sugar. Decorate with marzipan eggs, a fluffy chicken, a chicken and a nest, or glacé cherries, and leaves of angelica.

# CANDIES

**I**F you would be a good candy maker, you must spend a little money on utensils. Otherwise some of your efforts will not turn out as well as you expected. It is not necessary to have much equipment, but you should have a sugar-boiling thermometer, a slab of marble slate or of heavy wood covered with enamelled iron, a set of wooden spoons you keep for the purpose, a palette knife, a measuring cup and spoons, and a hair sieve. If you want to be more particular still, add a caramel marker—a small ribbed rolling pin for making caramels, a sugar scraper and marzipan moulds. I would also buy good quality olive oil for greasing candy bars, slabs, and tins, and a small brush to apply it as well as grease-proof paper for firming candies on, etc.

Now let me give you a list of colours and flavourings you will find useful when making fondants.

## COLOURS

Apricot, coffee, canary yellow, fawn, green, mauve, deep and pale pink, orange yellow, saffron and white.

## FLAVOURINGS

Apricot, cinnamon, clove, ginger, coffee, lemon, heliotrope, orange, raspberry, rose, strawberry, violet, peppermint, almond, etc.

Remember that colours and flavourings should match. For example, it would not do to have pink fondants flavoured with coffee.

If you have no time to make marzipan you can buy it by the pound in certain stores, or from those who supply cake decorations.

## DATE SLICES

$\frac{1}{2}$  lb. *Stoned Dates.*  
 $\frac{1}{2}$  cup *Walnuts.*

2 oz. *Candied Ginger.*  
*Icing Sugar.*

Put stoned dates through a mincer. Add walnuts and ginger, coarsely cut. Knead and roll into sausages, using sugar to prevent sticking. Serve cut in thin slices.

## SPANISH SWEETS

$\frac{1}{2}$  lb. *Raisins.*  
 $\frac{1}{4}$  lb. *Figs.*  
 $\frac{1}{2}$  lb. *Almonds.*

$\frac{1}{2}$  lb. *Stoned Dates.*  
 $\frac{1}{2}$  lb. *Walnuts.*  
 $\frac{1}{2}$  lb. *Candied Fruit like Apricots.*

$\frac{1}{2}$  lb. *Candied Cherries.*

Seed raisins and put all ingredients through the mincer. If you haven't the apricots, use crystallised pineapple or pears. Sprinkle pastry board with icing sugar. Knead mixture well amongst it. Roll out like a sausage or into a square a  $\frac{1}{4}$  inch thick. Cut into small squares and pack in a tin or box lined with paraffin paper.

### CARAMEL FUDGE

3 cups Sugar.	1 cup Chopped Walnuts.
1 cup Milk.	7 Marshmallows.
Butter.	

Put the milk and  $1\frac{1}{2}$  cups sugar into a saucepan. When they come to the boil, add the remainder of sugar, which you have stirred in a frying pan over a fire till it turns into caramel. Lastly, add a piece of butter the size of a walnut, and cook until mixture forms a soft ball when dropped into cold water. Remove from fire. Add marshmallows and walnuts. Beat until creamy, when pour into a buttered pan.

### COCOANUT FUDGE

$\frac{1}{2}$ teaspoon Baking Powder.	2 cups Brown or White Sugar,
$\frac{1}{2}$ cup Cream.	or half and half.
1 tablespoon Butter.	$\frac{1}{2}$ teaspoon Vanilla Essence.
1 cup Fresh or Desiccated Coconut.	

Place all ingredients in a saucepan. Stir till they come to the boil. Keep boiling and stirring till mixture forms a soft ball when a few drops are tested in cold water. Remove from fire. Add vanilla. Stand a minute. Add baking powder and coconut, then beat till creamy. Pour into a buttered pan and when cold, cut into squares. If liked, you can use milk instead of cream and make it rich by adding  $\frac{3}{4}$  ounce grated chocolate to the pan along with other ingredients.

### ELVES' FUDGE

1 lb. Brown Sugar.	2 heaped tablespoons lightly
1 gill Cocoa.	chopped Nuts.
Vanilla Essence.	1 level teaspoon Butter.

Put brown sugar, butter, and cocoa made with milk, into a saucepan. Boil together 5 minutes, then stir in the chopped nuts and cook until the "soft ball" stage is reached. Remove at once from fire, add vanilla—about 1 teaspoonful—and beat till creamy. Pour into a buttered tin, and cut into squares when cold.

### MARSHMALLOW FUDGE

2 cups Castor Sugar.	2 oz. Chocolate.
1 cup Milk.	1 tablespoon Butter.
$\frac{1}{2}$ lb. Marshmallows.	

Put sugar and milk in a saucepan. When hot, add chocolate, finely grated. Boil till mixture forms a soft ball when dropped in cold water. Add butter, then marshmallows. Stir till dissolved. Pour into a buttered pan and cut into squares when cold.

### PINEAPPLE FUDGE

- |                            |   |
|----------------------------|---|
| <b>2 cups Sugar.</b>       | <b><math>\frac{1}{2}</math> cup Tinned Pineapple.</b> |
| <b>1 teaspoon Vanilla.</b> | <b><math>\frac{1}{2}</math> cup Rich Milk. Salt.</b>  |
| <b>1 teaspoon Butter.</b>  | <b>2 teaspoons Marshmallow Cream.</b>                 |

Chop the pineapple into small pieces and drain till dry. Put all ingredients except pineapple and marshmallow in a saucepan. Add a pinch of salt. Cook for 12 minutes or till mixture forms a soft ball when tested in cold water. Beat till thick but not grained, then add pineapple and marshmallow cream. Pour into buttered tins and leave till cold, then cut in squares.

### SWISS CHOCOLATE FUDGE

- |                             |   |
|-----------------------------|---|
| <b>2 cups Castor Sugar.</b> | <b><math>\frac{1}{2}</math> cup Water.</b>          |
| <b>2 oz. Chocolate.</b>     | <b><math>\frac{1}{2}</math> cup Condensed Milk.</b> |

Mix sugar, water and milk together, then cook over a slow fire till sugar is dissolved. Add grated chocolate. Cook till mixture forms a soft ball when tested in cold water. Remove from fire and stand till almost cold. Beat quickly till mixture becomes thick and begins to grain, then pour quickly into a buttered tin. When cold, cut into squares. More chocolate can be added if liked, and 1 teaspoon vanilla can be added while beating mixture.

### ALMOND HARDBAKE

- |   |   |
|---|---|
| <b>1 lb. Castor Sugar.</b>                                | <b><math>\frac{1}{2}</math> lb. Almonds or Shelled Walnuts.</b> |
| <b><math>\frac{1}{2}</math> teaspoon Vanilla Essence.</b> |   |

Melt sugar in a strong frying pan till it becomes a rich brown caramel. Add vanilla essence, blanched, split and roasted almonds or walnuts, and pour at once into a buttered tin. When candy has hardened, break into rough pieces.

### BLACK SHEEP TOFFEE

- |   |  |
|---|--|
| <b><math>\frac{1}{2}</math> lb. Butter.</b>       | <b><math>1\frac{1}{2}</math> lb. Demerara Sugar.</b> |
| <b><math>\frac{1}{4}</math> lb. Golden Syrup.</b> | <b>1 teaspoon Lemon Juice.</b>                       |

Melt the butter in a saucepan. Add sugar, syrup, lemon juice and a teaspoon of water. Boil slowly, stirring well. Test a drop in cold water for 4 seconds when the toffee

shows signs of thickening. If toffee snaps crisply, it is ready. Pour into a buttered tin and break into rough pieces when cold.

### GRILLED ALMONDS

- |                            |  |                             |
|----------------------------|--|-----------------------------|
| 1 cup Almonds.             |  | 1 cup Sugar.                |
| 2 tablespoons Lemon Juice. |  | 2 tablespoons Orange Juice. |

Blanch and dry almonds well. Boil sugar, almonds, orange and lemon juice till syrup begins to turn brown. Remove at once and stir till mixture sugars. Cool and separate almonds. The sugar will cling to the almonds irregularly.

### RUSSIAN TOFFEE

- |                       |                             |
|-----------------------|-----------------------------|
| 2 cups Sugar.         | 1 tablespoon Syrup.         |
| 2 oz. Butter.         | 1 tablespoon Red Currant or |
| 1 tin Condensed Milk. | Raspberry Jelly.            |

Rinse out pan with cold water. Put in sugar, syrup, jelly, and butter. Stir till almost boiling, then add milk, stirring constantly. Boil for 15 or 20 minutes till toffee is chewy when tried with a teaspoon in cold water. Pour on to a well-greased tin and when almost cold, turn out and cut into squares.

### TREACLE TOFFEE

- |                |  |                                 |
|----------------|--|---------------------------------|
| 1 lb. Treacle. |  | $\frac{1}{2}$ lb. Fresh Butter. |
| 1 cup Sugar.   |  | 2 oz. Almonds.                  |

Put all ingredients together in a saucepan. Bring to boil, and boil for 20 minutes, stirring constantly. Remove from fire and add minced almonds or any other nuts. Pour into a greased tin. Leave till set, then break roughly.

### CHOCOLATE CARAMELS

- |                            |                                       |
|----------------------------|---------------------------------------|
| 2 tablespoons Honey.       | 1 cup Milk.                           |
| 6 $\frac{1}{2}$ oz. Sugar. | 4 $\frac{1}{2}$ oz. Grated Chocolate. |

Put all ingredients together in an enamelled pan. Bring to boil, stirring all the time. Boil for  $\frac{1}{2}$  hour, then pour into a greased tin and leave till almost set, when cut in squares.

### MARSHMALLOWS

- |                          |                          |
|--------------------------|--------------------------|
| 2 cups Castor Sugar.     | 2 tablespoons Granulated |
| $\frac{1}{2}$ cup Water. | Gelatine.                |
| 1 teaspoon Vanilla.      |                          |

Boil sugar and water together till mixture forms a soft ball when tested in cold water, then stir in gelatine which has been soaking in  $\frac{1}{2}$  cup water for 20 minutes. Stir till mixture begins to thicken, then add vanilla. Sprinkle the

bottom of a shallow pan well with icing sugar and pour in the candy. When cold, cut into blocks and dust with icing sugar. In cold weather the mixture takes about 3 hours to harden, but in summer it should be left overnight. Store marshmallows in a tin and they will keep a long time.

### MARZIPAN DELIGHTS

1 lb. Ground Almonds.	4 drops Almond Essence.
1 teaspoon Rosewater.	2 lb. Icing Sugar, or 1 lb.
4 or 5 Egg Yolks	Icing and 1 lb. Castor Sugar.
$\frac{1}{2}$ teaspoon Vanilla.	1 dessertspoon Strained Lemon
$\frac{1}{2}$ teaspoon Pineapple Essence.	Juice.

Sift icing sugar through a hair sieve into a large basin. Stir in almonds, then mix with your fingers, as if you were rubbing in butter. Make a hole in the centre and pour in the essences, and yolks of 4 eggs. Knead and roll out on a pastry board, lightly dusted with icing sugar. If not moist enough, add the fifth egg yolk. Six eggs may be needed if eggs are small. Knead paste well, till free from cracks. Take pieces of paste and roll into little balls and stuff glacé cherries with them, or sandwich balls between two shelled walnuts, then dip in castor sugar.

### PEPPERMINT WAFERS

1½ cups Castor Sugar.	6 drops Oil of Peppermint.
$\frac{1}{2}$ cup Boiling Water.	

Place sugar and water in a saucepan. Stir till sugar is dissolved. Boil till mixture threads, or forms a soft ball, when tested in cold water. Remove from fire. Add peppermint. Beat until thick and cloudy. Drop from tip of spoon on to slightly buttered paper. Remove when firm.

### RAISIN CHOCOLATE SCRUNCH

1 cup Raisins.	1 cup Dates.
$\frac{1}{2}$ teaspoon Cinnamon.	$\frac{1}{2}$ lb. Chocolate.
$\frac{1}{2}$ teaspoon Vanilla.	1 teaspoon Grated Orange Rind.

Put stoned dates and raisins through the mincer. Add orange rind, ground cinnamon and vanilla. Mix ingredients well and form into balls. Melt chocolate in a double boiler. Dip balls in, one at a time, using a wire chocolate dipper or very fine knitting needle. Place on buttered paper to cool and harden, or better still, place on waxed paper.

# PRESERVING

Some housewives limit their preserving to making marmalade in the spring and jams and jellies in the summer and autumn. I preserve all the year round, as fruit and vegetables become cheap and plentiful. When I find my jam giving out in between seasons, I make dried apricot jam, orange, and pineapple honey as well as lemon cheese and grapefruit and lemon marmalade.

## RULES FOR MAKING JAMS AND JELLIES

1. Use dry fruit and pure cane sugar.
2. Choose fruit just ripe, unless otherwise stipulated.
3. Boil steadily, skinning carefully.
4. Allow fruit to come to the boil before adding sugar.
5. Put in heated jars, cover and store in a dry, airy cupboard, *when cold*.
6. Fruit lacking in both acid and pectin, such as blackberries, cherries, vegetable marrow and strawberries, set better when made with a jellying substance, consisting of concentrated apple juice. The juice of one lemon can be added to every pound of fruit lacking in acid and pectin instead of using concentrated apple juice, if you prefer.

## TO PREPARE FRUIT FOR PRESERVING

1. Pick over soft fruits, such as all berries. Only rinse quickly if necessary.
2. Wash currants, gooseberries and cherries.
3. Damsons and plums can be wiped, or washed.
4. Wash and dry lemons, oranges, and grapefruit.
5. Discard any bruised fruit and cut out any blemishes.
6. Dried fruits should be thoroughly washed and drained.

## UTENSILS REQUIRED :

- |   |   |
|---|---|
| 1 Aluminium, Brass, or Copper Preserving Pan. | 1 set of Weights and Scales.                |
| 1 long Wooden Spoon, reserved for preserving. | 1 sharp-pointed, Saw-edged Stainless Knife. |
| 1 quart Measure.                              | 1 Flannel Bag, for clearing Jellies.        |
| 1 pint Measure.                               | 1-pound and 2-pound Glass Jars.             |
| Jam-pot Covers and Labels.                    |   |



**JAM, FRUIT AND SUGAR TABLE (ROUGH)**

BLACKBERRY —  $\frac{3}{4}$  lb. sugar to 1 lb. fruit.

BLACK CURRANT.— Equal quantity currants and sugar.

DAMSON.— $\frac{3}{4}$  to 1 lb. sugar to 1 lb. fruit (according to taste).

GOOSEBERRY.—Equal quantity sugar and fruit.

GREENGAGE —  $\frac{3}{4}$  to 1 lb. sugar to 1 lb. fruit.

LOGANBERRY.—  $\frac{3}{4}$  lb. sugar to 1 lb. fruit.

PLUMS —  $\frac{3}{4}$  to 1 lb. sugar to 1 lb. fruit (according to kind of plum).

RASPBERRY.— $\frac{3}{4}$  lb. sugar to 1 lb. fruit.

RHUBARB —  $6\frac{1}{2}$  lb. sugar to 6 lb. rhubarb.

STRAWBERRY.— $\frac{3}{4}$  lb. sugar to every pound fruit.

There are different ways of making jam, but I prefer this method. Place prepared fruit in a preserving pan, and stand pan at the back of kitchen range or on a slow gas burner, till the juice begins to flow, then place pan on the fire, or if cooking by gas, increase the heat and bring to boil. Cook for a few minutes, then add  $\frac{1}{2}$  oz. butter, which clears the jam and saves the trouble of skimming. Add sugar, heated in the oven, and boil quickly till the "jelly" stage is reached—when a drop will hang from the stirring spoon. Cool for 5 minutes, then pour gently into heated glass pots. The pots should be quite full. Wipe the rims and the outsides free from any drops of jam. Cover at once, label, and store in a dry airy cupboard.

NOTE.—Some people advocate pouring a thin layer of melted paraffin wax over jam before covering. I simply use gummed covers and cover while still hot, and up to date my jam has kept well.

**TO MAKE JELLY**

Cook fruit till the juice flows. Crush, if necessary, with a spoon. Strain. Pour into a pointed jelly bag hung between chairs, if you do not have a jelly bag fitted to a stand. Let fruit juice strain into a basin below. *On no account squeeze bag to quicken straining, or your jelly will be cloudy.* When all the juice is strained through into a basin, measure it and weigh out sugar as required. I usually allow 1 lb. sugar to 1 pint juice. Fruit used for jelly must be under ripe or just ripe, *never over ripe*. Boil juice and heated sugar together till a few drops will "jell" when tested on a cold plate. If you find it difficult to make jelly successfully, you can always make it with concentrated apple juice.



1—After greasing the cake tin, line it with three layers of grease-

2—Make the almond paste before the cake mixture.



3—For the cake mixture, (See Index), cream the butter and sugar, then beat in the eggs one at a time.

4—Stir in the flour, sifted with the baking powder, spice and salt, then add the fruit.



A SIMNEL CAKE FOR EASTER—(1)



5—Spoon half of the cake mixture into the prepared cake tin, after beating the ingredients well.

6—Place half the almond paste, in a flattened round, on the cake mixture, then add the remainder of the mixture.



7—Put the remainder of the paste, in a thick roll, round the edge of the cake, when it has been baked for about 2 hours and slightly cooled.

8—When completely cooked and quite cold decorate the centre of the cake with water icing and sugar eggs.



A SIMNEL CAKE FOR EASTER—(II)

**JAMS, JELLIES AND MARMALADES****AMBER MARMALADE****1 Grapefruit.****1 Lemon.****Cold Water.****2 Tangerines.****1 Seville Orange.****Sugar.**

Wash and dry the grapefruit, lemon, Seville orange, and tangerines very carefully. Peel as thinly as you can, then remove white pith from fruit and throw away. Slice fruit as thinly as possible, gathering any pips into a muslin bag and catching any juice that comes away in the slicing. Place pulp and finely shredded peel in a basin after measuring carefully, and stand overnight covered with three times its quantity of cold water and protected from dust by a cloth. Next morning put peel, pulp, water and bag of pips into preserving pan, bring to boil, and boil 2 minutes. Return to basin and cover. Repeat this process three days in succession, and on the last day measure after discarding bag of pips, add same amount of sugar, and boil till it jellies when tested on a cold plate. Pot and cover at once.

**APPLE AND BLACKBERRY CHEESE****5 lb. Tart Apples.****Sugar.****5 lb. Blackberries.**

Peel and core apples. Place in a saucepan with just enough water to keep them from burning. Cover and stew gently till soft. Add blackberries. Stir for a few moments, then boil 5 minutes. Pass through a fine sieve, a little at a time, scraping the sieve clean underneath with a spoon now and then. Weigh sieved fruit. Place in a preserving pan. Add sugar, in the proportion of  $\frac{3}{4}$  lb. sugar to every pound sieved fruit. Boil quickly for 30 minutes or till set. Skim well. Pot at once.

**APPLE CHEESE****1 lb. Apples.** **$\frac{1}{2}$  lb. Sugar.** **$\frac{1}{2}$  Lemon.****2 Beaten Eggs.****2 oz. Butter.**

Peel and core apples. Put them in a pan with just enough water to keep them from burning. Cook to a pulp. Add butter, sugar, and the rind and juice of lemon. Stir till well blended and sugar is dissolved. Add eggs. Stir till thick over a slow fire. Use for tea scones and as a filling for sponge sandwiches.

## DRIED APRICOT JAM

- |                           |  |                |
|---------------------------|--|----------------|
| (1) 2 lb. Dried Apricots. |  | 4 pints Water. |
| 4 lb. Sugar.              |  | 2 oz. Almonds. |
|                           |  |                |
| (2) 2 lb. Apricots.       |  | 7 pints Water. |
| 7 lb. Sugar.              |  | 8 oz. Almonds. |

Follow this method for both the above recipes. Wash, drain, quarter, and soak apricots in the first case for 24 hours and in the second for 48 hours, in the water. At the end of that time, turn apricots and water into a preserving pan. Add sugar and boil quickly for 45 minutes, then add blanched and halved almonds. Cook till jam sets when tested on a cold plate. Pot as usual.

## BLACKBERRY JELLY

- |                    |  |                           |
|--------------------|--|---------------------------|
| 6 lb. Blackberries |  | $\frac{1}{2}$ pint Water. |
| 1 lb. Sugar.       |  | Extra Sugar.              |

Put blackberries, water, and pound of sugar in a preserving pan. Stand pan at back of stove in a gentle heat to extract juice. Put into jelly bag, supported across a stand, and when all the juice has dripped through into a bowl and reach, return to saucepan together with sugar, allowing  $\frac{1}{4}$  lb sugar to every pint of juice. Bring to boil, stirring constantly. Boil quickly till the "jell" stage is reached, which should be in about 20 minutes. Pot as usual.

## BLACKCURRANT JAM

- |                      |  |               |
|----------------------|--|---------------|
| 6 lb. Blackcurrants. |  | 1 pint Water. |
| 6 lb. Loaf Sugar.    |  |               |

Put fruit and water into a preserving pan. Bring to boil and boil 30 minutes. Heat sugar in oven, then remove pan from fire and add sugar. Stir till all sugar is dissolved. Return to fire, and boil gently for another 15 minutes. Remove and pot. Only large juicy fruit should be used, as small hard berries will make hard fruit in the jam.

## CHERRY JAM

- |                                      |  |                       |
|--------------------------------------|--|-----------------------|
| 12 $\frac{1}{2}$ lb. Sound Cherries. |  | 1 pint Currant Juice. |
| 8 lb. Sugar.                         |  |                       |

Stem and stone cherries. Place in preserving pan together with currant juice and sugar. Stir well. Cook 30 minutes, stirring all the time. Remove from fire. Fill into hot jars. When quite cold, cover with waxed papers dipped in brandy, then with strong paper covers. Place in a cool cupboard.

## CRAB APPLE JELLY

4 lb. Crab Apples.  
6 Cloves.

2 quarts Water.  
Sugar.

Wipe and cut the apples in half. Place in a saucepan. Add the cloves and water. Simmer till tender. Pour into a jelly bag and strain juice, but don't squeeze the apples. Measure juice and allow 1 lb. sugar to each pint juice. Heat and add sugar. Bring to boil. Boil till the mixture "jells" when a little is tested on a cold plate.

## CRANBERRY CHEESE

1 quart Firm, Large Cranberries.  
2 cups Sugar.  
 $\frac{1}{2}$  cup Cold Water.  
6 Whole Allspice.

Pinch of Salt.  
1 inch Cinnamon Stick.  
12 Whole Cloves.  
1 cup Boiling Water.

Pick over, wash, and drain cranberries. Put in an enamelled saucepan, add boiling water, heat to boiling point and boil 20 minutes or until berries are soft. Rub through a strainer, add sugar to pulp, then cold water, cinnamon, whole cloves and allspice. Return to saucepan, heat to boiling point, and simmer 20 minutes. Strain, and add a tiny pinch of salt. Mould in wet glasses, and serve with game birds, mutton, or venison.

## CRANBERRY JELLY

4 cups Cranberries.

2 cups Boiling Water.  
2 cups Sugar.

Pick over and wash berries. Put in a preserving pan with boiling water. Boil 20 minutes. Rub through a sieve. Add sugar, and cook 5 minutes. Pot and seal.

## GINGER MARMALADE

3 lb. Tart Apples.  
1 quart Water.

1  $\frac{1}{2}$  lb. Preserved Ginger.  
Sugar.

Wash and dry apples very carefully. Cut them into thick slices without either peeling or coring them. Put all the slices into a saucepan with the water. Simmer gently until the fruit is all well pulped. Strain through a jelly bag and allow to drip for several hours. Weigh the juice and allow 1 lb. sugar to every pound juice. Put into a preserving pan with ginger, cut into small pieces. Boil quickly for 8 to 10 minutes or until preserve sets when tested on a cold plate. Pot and cover while hot.

## LEMON BUTTER

3 Lemons.

3 Eggs.

Water.

1 lb. Castor Sugar.

1 teaspoon Butter.

Mix the juice and the grated rind of the lemons. Beat all the ingredients well together with 1 small cup water. Bring to boil. Boil 5 minutes, or until quite thick. Put in glass jars and tie down in the usual way to keep airtight.

## MARROW JAM

6 lb. Marrow.

4 Lemons.

6 lb. Sugar.

3 oz. Whole Ginger.

Peel marrow thinly and remove the seeds. Cut marrow into small pieces. Place in a jar, cover with the sugar, and stand overnight. Next day, peel lemons finely. Squeeze and strain the juice. Tie the bruised ginger in muslin, then turn all ingredients into a preserving pan. Boil slowly for 4 hours or until a little jellies when tested on a cold plate.

## ORANGE JELLY

4 lb. Seville Oranges.

2 lb. Cooking Apples.

3 lb. Sweet Oranges.

Water. Loaf Sugar.

Wash fruit, but do not pare. Cut in quarters, put in pan, and cover fruit well with water. Boil  $1\frac{1}{2}$  hours. Strain through jelly bag and measure juice. Allow 1 lb. loaf sugar to 1 pint juice. Put sugar and strained jelly into a preserving pan and boil quickly till it jellies when tested. Pot and seal.

## ORANGE MARMALADE

4 lb. Seville Oranges.

4 pints Water.

4 lb. Sugar.

Pare rind thinly from oranges. Cut into thin shreds. Throw away half the peel, unless you want a strongly flavoured marmalade, then use more to taste. Simmer peel in  $\frac{1}{2}$  pint water for 30 minutes. Remove pith from the fruit, pull the oranges to pieces and remove the pips. Bring sugar and remainder of the water to boil, and boil for 10 minutes. Remove the scum, then add orange pulp and rind and water in which it was boiled. Simmer for 20 minutes or until marmalade sets when tested.

## PLUM JAM

7 lb. Stoned Plums.

5 lb. Sugar.

Stone fruit before weighing. Sprinkle with sugar and

stand 12 hours. Place in a preserving pan, boil, skim, and add a few plum kernels just before jam is ready. Pot and seal. If fruit is sour, add equal quantity of sugar and fruit.

### QUINCE MARMALADE

*Quinces. Water.* | *Preserving Sugar.*

Allow to each pound of pulped fruit  $\frac{3}{4}$  lb. preserving sugar. Pare quinces. Place in a preserving pan with just enough water to cover the bottom of the pan. Stew gently till fruit is reduced to pulp. Pass through a hair sieve, weigh, then return to pan. Add sugar. Cook very gently until marmalade sets quickly when tested. Pot and seal.

### RASPBERRY JAM

*Raspberries.* | *Sugar.*

Boil berries without water for 15 minutes. Remove from fire, add sugar, allowing  $\frac{3}{4}$  lb. for every pound of raspberries. Stir till sugar is dissolved. Return to fire. Bring to boil and boil 5 minutes. Pot and store in a cool, dry, airy place.

### RED CURRANT AND GOOSEBERRY JAM

*Red Currants, Gooseberries, Sugar.*

Pick and stalk currants. Place in a double boiler or stand in a stone jar in a pan of boiling water. Whichever way you cook the currants, they must cook over boiling water till all their juice is drawn out. Turn fruit and juice into jelly bag and leave overnight. Next morning measure juice and to every gill allow 3 lb. sound gooseberries. Wash and dry gooseberries. Place in a preserving pan with currant juice and bring slowly to the boil. Boil 15 minutes. Stir in 3 lb. preserving sugar and when dissolved, bring to boil and boil till "jell" stage is reached. Pot as usual.

### RED CURRANT JELLY

*3 lb. Red Currants.* | *3 lb. Sugar.*

Clean and stalk the currants. They must be quite ripe. Place in a preserving pan. Add sugar and after sugar has dissolved boil quickly for 8 minutes. Strain through a jelly bag, but on no account squeeze to hurry process. Pot and seal. Sometimes I add a small sprig of rose geranium after the jelly has boiled 3 minutes.

### RHUBARB JAM

*6 lb. Rhubarb.* | *6½ lb. Loaf Sugar.*  
*1 Lemon.* | *8 oz. Preserved Ginger.*



Cut ginger into very small pieces. Quarter the lemon. Throw away pips. Cut rhubarb into cubes, then place sugar, rhubarb, ginger and lemon in a covered vessel and steep three days. At the end of this time, boil for 35 minutes. Pot as usual, only remove lemon before potting.

### STRAWBERRY JAM

6 lb. *Strawberries.* | 4½ lb. *Sugar.*

Boil fruit, without water, for 20 minutes. Remove from fire, add sugar, stir till dissolved, then return to fire. Bring to boil, and boil 10 minutes. Pot and store in a cool, dry, airy place.

### STRAWBERRY JAM. SUNSHINE METHOD

*Strawberries.* | *Sugar.*

Wash and hull berries, allowing 1 lb. sugar to 1 lb. berries. Put layers of berries and sugar alternately in the preserving pan to the depth of four inches. Stand for 2 hours, then bring very slowly to boiling point, and simmer for about 10 minutes till fruit is tender. Skim as soon as boiling point is reached. Do not stir while cooking. Pour into dishes, allowing preserve to be not more than two or three inches deep. Stand in the hot sun for a day or two, bringing it indoors overnight. At the end of two days the preserve should be jellied and the fruit be firm and plump. Some cooks place preserve in a sunny window in an unused room to complete the process, covering it with a piece of glass or cheese cloth, but if finished in this way it takes from 3 to 4 days. Pot as usual.

Raspberries and cherries can be prepared by the above method, but the cherries must be stoned first.

### CANDIED CRANBERRIES

4 quarts *Cranberries.* | 4 quarts *Sugar.*  
1 gallon *Stone Jar.*

Pick over, wash, and drain cranberries, having chosen the largest you can get. Place 1 tablespoon hot water in jar, then arrange cranberries and sugar alternately, with sugar on top. Cover closely. Bake in a very slow oven for 2 hours, or till all sugar is dissolved. Stand till cool. Cover and store in a cool, dry place. Use in place of glacé cherries.

### CANDIED FRUIT RINDS

Allow grapefruit rind to stand in cold water overnight before candying. Remove rind from sound grapefruit, leaving on about  $\frac{1}{4}$  in. rind and pith. Cut in long narrow strips about  $\frac{1}{4}$  in. wide into a saucepan. Cover with cold salted water and bring to boil. Drain and repeat five times, the last time till tender. Drain and weigh and for each pound of rind allow 1 lb. castor sugar and just enough boiling water to cover. Boil sugar and water a minute or two, add rind and simmer till transparent, in about  $\frac{1}{2}$  hour. Drain, roll each piece in castor sugar, and spread out to dry on wax paper for several hours. If at all sticky at the end of that time, roll in sugar again. **LEMON RIND** may be candied in exactly the same way. **ORANGE RIND** must be soaked in salted water before candying in the same way.

### TO GLAZE FRUIT AND NUTS

Put 2 cups castor sugar, 1 cup boiling water, and  $\frac{1}{2}$  teaspoon cream of tartar in a smooth saucepan. Stir, and heat to boiling point. Boil without stirring till syrup begins to discolour— $310^{\circ}\text{F}$ . Wipe off sugar that sticks to side of the pan with a brush you keep for the purpose, remove pan from fire and place for a moment in a larger pan of cold water to stop boiling. Remove from cold water. Stand in a saucepan of hot water while dipping fruit and nuts.

**TO GLAZE NUTS.**—Dip nuts, impaled on a fine skewer, separately in the hot syrup, then place on oiled paper to set.

**TO GLAZE FRUIT: MANDARINS AND ORANGES.**—Peel, taking care not to break sections, remove carefully all pith and stand without sections touching each other overnight, to ensure their being thoroughly dry before glazing. Dip in hot glaze.

### FROSTED ROSE PETALS

Boil  $\frac{3}{4}$  lb. castor sugar and  $1\frac{1}{2}$  gills water till between 230 and 240 degrees F.—nearly the soft ball stage. *Dissolve sugar very slowly in water before mixture starts to boil.* Have large, sweet-scented rose petals plucked from stems waiting for the syrup. Also have a tin lined with waxed paper handy for taking petals after they have been dipped. When syrup is ready, dip rose petals in, drain well, and lay on prepared tins to dry for a few hours. Brush over with white of egg, and dust with fine castor sugar. Dry in the sun or near a stove. Keep in air-tight tins or jars.

## MY FAVOURITE MINCEMEAT

1 lb Valencia Raisins	2 oz Crystallised Figs.
1 lb Sultanas	2 oz each Citron Lemon and Orange Peel
1 lb Currants	1 tablespoon Salt
1 lb Tart Cherries	$\frac{1}{2}$ lb French Almonds
2 oz Gl. Cherries	$\frac{1}{2}$ teaspoon Ground Ginger
$\frac{1}{2}$ lb Dried Sultanas	$\frac{1}{2}$ teaspoon Ground Mace
1 lb Black Suet	1 teaspoon Ground Cloves
1 lb Lard	$\frac{1}{2}$ teaspoon Grated Nutmeg
1 gill Brandy	1 teaspoon Ground Cinnamon
2 Lemons	1 Tangerine

I always prepare the fruit before starting to mix the mincemeat. Stone and chop raisins, and wash, dry, and pick clean the currants and sultanas. Peel, core, and chop apples, and mince cherries, figs, and mixed peel, which should be weighed free from sugar. Blanch and chop almonds. Remove any gristle from suet and shred and mince finely. Mix all together in a large basin, stir in sugar and spices and salt. Grate in rind of 1 lemon and tangerine. Sprinkle over the strained juice of tangerine and 2 lemons. Mix thoroughly with a wooden spoon, then stir in brandy and rum. Pot and seal like jam. If you want a real meaty mincemeat, add to the above mixture  $\frac{1}{2}$  lb minced boiled tongue or beef. Sometimes I add a liqueur glass of curaçao to my mincemeat before filling up pies.

## BOTTLING

## EQUIPMENT FOR BOTTLING FRUIT

Sterilising Outfit	Funnel
Rubber Rings	Stainless Peeling Knives
Glass jars, glass or ceramic tops	Weights and Measures, Measuring Cup, and Measuring Spoon
Large Enamel Saucepan	Colander and Sieve
Wire Basket for Scalding	

Choose a steriliser supplied with a bottling outfit, which should be made of best black tin, fitted with a fixed perforated tray for the bottles to stand on, when being sterilised. The saucepan should have a thermometer fixed at the side or in the centre.

If you do not wish to go to the expense of buying a steriliser, you can sterilise in a fish kettle, fitted with a rack to prevent bottles touching the bottom of kettle. You can place bottles on the strainer of a fish kettle, if you have a non-boiling asbestos mat below it.

## TO SELECT FRUITS AND VEGETABLES FOR BOTTLING

All fruits and vegetables should be young, fresh, and sound, and of an even size. Unsound fruit can be used if the unsound parts are cut away. It is not necessary to bottle large quantities of fruit and vegetables at one time. Bottle them as they become available. Allow 1 lb. fruit or vegetable to every pint jar. It is better to bottle in pint jars than quart jars. *All jars should be clean and hot.*

## TO PREPARE FRUIT

\*APPLES.—Peel, core, and halve, or cut in small pieces. Pack into jars. Cover with boiling syrup (thin).

APRICOTS.—Blanch  $1\frac{1}{2}$  minutes. Dip into cold water, skin. Pack into jars. Cover with boiling syrup (medium or thick).

BERRIES.—(1) Pick over, wash and hull, pack into jars, and press down lightly. Cover with boiling syrup (medium or thick).

BERRIES.—(2) Loganberries and Raspberries. Cook in boiling water or syrup, or steam for 5 minutes, allowing  $\frac{1}{4}$  to  $\frac{1}{2}$  lb. sugar to 1 lb. fruit, and enough water to prevent burning. Pack into jars, press down lightly. Fill jars with boiling syrup (medium).

BERRIES.—(3) Strawberries. Prepare as (2) but without water. Pack into jars. Cover with boiling syrup (medium or thick).

CHERRIES.—(1) Wash, stalk, and stone if desired. Pack into jars. Cover with boiling syrup (medium).

CHERRIES.—(2) Wash, stalk, and stone if desired. Cook in medium syrup 5 minutes. Pack into jars, and fill up with syrup (medium).

CURRENTS.—Follow method for Berries.

NECTARINES.—Follow method for Apricots.

\*PEACHES.—Follow method for Apricots.

\*PEARS.—Wash. Peel if wanted. If small, can be quartered, halved or bottled whole. Cook in syrup for 5-8 minutes. Pack into bottles, cover with syrup (thin).

PLUMS.—Wash. Stone if preferred. If you do not stone, prick the skins to prevent bursting. Pack into jars. Cover with boiling syrup. If preferred they can be boiled in syrup

\* To prevent apples, pears, and quinces becoming dark after peeling, before packing into jars, throw immediately after peeling into cold salt water, allowing 1 tablespoon salt to 1 gallon water.

before packing. Prepare GREENGAGES in the same way. Syrup should be thin or medium for sweet plums, and medium or thick for sour.

QUINCES. —Peel, core, slice, and blanch 6 minutes. Pack into jars and cover with boiling syrup (thin or medium).

#### TO PREPARE SYRUP FOR FRUITS

The thickness of the syrup depends upon the fruit to be preserved (see above table).

Place sugar and water in a saucepan. Stir over fire until all the sugar is dissolved, then let liquid come slowly to the boil. Simmer without stirring till of the thickness required, generally from 1 to 5 minutes.

THICK SYRUP.—Allow 3 cups sugar to 2 cups water. Boil 5 minutes. Use for acid fruits such as tart apples, apricots, damsons, and other sour plums, gooseberries, and strawberries.

MEDIUM SYRUP.—Allow 3 cups sugar to 2 cups water. Boil 4 minutes. Use for blackberries, currants, peaches, raspberries, cherries, or quinces.

THIN SYRUP.—Allow 3 cups sugar to 2 cups water. As soon as sugar is dissolved, bring to the boil. Use at once for all sweet fruits, sweet apples, sweet cherries, pears, etc.

NOTE.—Cool syrup for a moment before pouring over the fruit in the jars. Slip a silver spoon down the side of each jar to enable any air bubbles to escape.

#### TO STERILISE BOTTLED FRUIT

As soon as the fruit is potted and the jars are filled with the necessary liquid, adjust the rubbers and partially seal jars. If of the glass-topped variety, arrange upper clamp in place, but leave the bottom one loose. If using a "Kilner" jar, make cap tight enough to prevent liquid leaking, but do not screw down as firmly as it could be screwed, or the jar may crack owing to the pressure from within. Place jars on a rack in the steriliser, without touching each other. They must not touch the edge of the steriliser either. Add warm water, till the jars are submerged about an inch. Bring water to boiling point, and sterilise for the required length of time. The closer nature of the product, and the more tightly it is packed, the longer it will take to sterilise.

NOTE.—Water must boil at an even temperature, and you must count the time of sterilising from the time the water begins to boil. Sterilise fruit according to the following chart:—

Apples ..	20 minutes.	Peaches ..	16 minutes.
Apricots ..	16 "	Pears ..	20 "
Berries ..	16 "	Plums ..	16 "
Cherries ..	16 "	Quinces ..	20 "
Nectarines ..	16 "	Tomatoes ..	22 "

When sterilising is finished, remove jars, one at a time, and tighten each top before removing the next jar.

Turn the jars upside down and leave for 24 hours. To test for leakage, remove screws and hold up by glass tops. If they give, examine fittings for flaws and replace where necessary. Return to pan, sterilising for a moment or two, then re-tighten. When quite cold, wipe the jars, and store in a dry, cool, dark, airy place. Watch them, and if a jar shows signs of cloudiness, open, pour off the water, add fresh cold boiled water, and re-sterilise at once.

#### TO PRESERVE FRUIT IN SULPHUR DIOXIDE SOLUTION

Pack prepared ripe and perfectly sound fruit in sterilised jars. Prepare solution according to directions given with tablets which you can buy from a chemist's. Cover fruit with solution and seal at once.

NOTE.—The fruit bottled by this method should be heated in an open saucepan until there is no further smell of sulphur before being used for puddings or pies.

#### TO BOTTLE VEGETABLES

Non-acid foods, such as vegetables, can only be bottled with safety at home in a steam pressure cooker which maintains a steady temperature above that of boiling water. You can use either screw-band or clip-top preserving jars, but jars with home-made seals must *never* be used for bottling vegetables.

Clean the bottles in the same way as for fruit. Prepare a boiling brine solution of 2-3 oz. salt to each gallon of water, to cover the vegetables in the containers. Grade the vegetables according to size to ensure close packing in the bottles, then wash and prepare them as you would for serving. Before packing, blanch as directed under each vegetable. Now pack them closely into the bottles to within  $\frac{1}{4}$  inch of the top and pour over the boiling brine to cover them completely.

Special instructions are issued with different makes of

pressure cookers. *It is essential to follow these implicitly in every case.* The time given for sterilisation under each vegetable is for sterilisation at a pressure of 10 lb. and an internal temperature of 240° Fah. These temperatures must be maintained for the times specified in order to destroy bacteria in the vegetables.

#### TIMES FOR BOTTLING VEGETABLES

**ASPARAGUS.**—Cut the stems to the height of the container, tie in bundles. Cook for 2-3 minutes with the heads just above the surface of the boiling water. Dip in cold water. Place in jars with heads uppermost. Sterilise for 30 minutes.

**BEANS.**—*Green*.—String the beans and slice if large. Blanch in boiling water for 5 minutes. Dip in cold water. Sterilise for 30 minutes.

*Shelled beans*.—Blanch in boiling water for 3-5 minutes. Dip in cold water. Sterilise for 55 minutes.

**BEEFROOT.**—Cook whole for 20-25 minutes at 5 lb. steam pressure or for about 1 hour in boiling water. Dip in cold water then skin. If large, slice or dice before packing. Sterilise for 35 minutes.

**CARROTS.**—Blanch for about 10 minutes, dip in cold water and skin. Pack whole lengthwise if small, dice or slice if large. Sterilise for 35 minutes.

**CELERY.**—Wash carefully and remove hard base. Cut to height of container. Large heads may be cut lengthwise in halves or quarters. Blanch for 1 minute. Dip in cold water. Sterilise for 30 minutes.

**PEAS.**—Blanch young shelled peas for 2-5 minutes uncovered, in a little water. Dip in cold water. Sterilise for 40 minutes.

**SPINACH.**—Pick over and wash well. Blanch in a little water or steam until the leaves turn dark green. Plunge into cold water. Sterilise for 75 minutes.

After sterilising place the hot bottles on a dry wooden board or table out of draughts to cool. Do not touch them with a damp cloth or they may crack. When the bottles are quite cool, the seal must be tested in the same way as for fruit. Any bottles of vegetables which are found to be leaking after storage, or which do not smell good when opened, should never be used for either human or animal consumption.

## CATSUPS, PICKLES, ETC.

To make good catsups, pickles, relishes, etc., use freshly-gathered, sound and ripe, but not over-ripe vegetables, free from bruises. Some pickles are improved by soaking prepared vegetables in salted water before pickling. The brining draws the water out of the vegetables with the result that they are crisp and firm when pickled instead of shrivelled. A pinch of alum to a quart of vinegar used in pickling also crisps up the pickles.

Beetroot, cabbage, carrots, cucumbers, onions, peppers and tomatoes all pickle well. Apples, cherries, figs, pears, peaches, plums, grapes, and water melon rind all make delicious sweet pickles.

### HINTS ON PICKLING

1. An enamel-lined preserving pan is best for pickling. On no account use brass, copper, or tin pans.

2. Use wooden spoons for mixing and do not allow any metallic substance to come into contact with pickles or vinegar.

3. Place green cabbage leaves or spinach leaves over the bottom and around the sides of the pan when pickling cucumbers and cabbage, if possible, to help the colour.

4. If you put a small piece of horseradish into a jar of pickles, the pickles will keep much longer and the vinegar will not lose its strength so quickly.

5. Use glass or glazed stone jars for potting pickles. Glass is best.

6. Make certain that the vinegar completely covers the pickles.

7. If any pickle shows signs of going off, drain off vinegar, and cover with fresh vinegar, and add spices.

### STANDARD SPICE MIXTURE FOR PICKLES

1 <i>tablespoon Whole, Black Pepper.</i>	1 <i>tablespoon Whole Allspice.</i>
1 <i>tablespoon Whole Cloves.</i>	1 <i>tablespoon Mace.</i>
2 <i>tablespoons Yellow Mustard Seed.</i>	3 <i>tablespoons Grated Horseradish.</i>
4 <i>dried Red Peppers.</i>	1 <i>tablespoon Celery Seed.</i>
1 <i>tablespoon Chopped Garlic.</i>	1 <i>inch Ginger Root.</i>

Allow 1½ oz. (4 tablespoons) of this mixture to a 2-quart jar of pickles.

### BRINE FOR PICKLES

Measure 1 gallon water and 1 lb. salt into a saucepan.



Bring to boil. Strain, and let brine become quite cold before using.

#### VINEGAR FOR PICKLING

Unless a spiced vinegar is suggested, use pure malt vinegar.

#### SPICED VINEGAR

1 quart pure Malt Vinegar.	1 oz. Whole Ginger.
2 Bay-leaves.	$\frac{1}{4}$ oz. Allspice.
2 oz. Black Peppercorns.	1 oz. Minced Shallots.
$\frac{1}{2}$ oz. Salt.	2 cloves Garlic.

Crush allspice, ginger, and peppercorns. Place in a jar. Add remainder of ingredients. Cover closely. Stand jar in a warm place for 7 days, then place in a saucepan containing boiling water. Simmer 1 hour. Cool, strain, and bottle. Store in a dry place.

#### MUSTARD MIXTURE FOR MUSTARD PICKLES

$\frac{1}{2}$ cup Ground Mustard.	2 quarts Vinegar.
1 $\frac{1}{2}$ cups Castor Sugar.	1 $\frac{1}{2}$ cups Flour.
1 tablespoon Turmeric.	

Mix dry ingredients in a basin. Stir in enough cold vinegar to make a smooth paste. Heat remainder of vinegar, and add to the cold mixture. Cook till thick. Pour over prepared vegetables while it is hot. Stand overnight and seal in sterilised jars. Makes 5 quarts of pickle.

#### WHAT RELISHES SHALL WE SERVE?

**FISH.**—Piccalilli, pickled beetroot, tomato catsup and chutney, Spanish pickle.

**BEEF.**—Mustard pickle, mustards, apple chutney, pickled beetroot, Ontario pepper catsup, Polish pickle, pickled vegetable marrows, onions and mixed pickle, Yorkshire relish, Worcester sauce.

**LAMB.**—Currant jelly, mint jelly, green olives, sweet gherkins, spiced gooseberries, radishes, etc.

**PORK.**—Apple jelly, apple chutney, spiced apples, mustard pickles, cider apple sauce, etc.

**POULTRY.**—Barberry, currant or cranberry jelly, pickled melon, radishes, celery, etc.

**VEAL.**—Chilli sauce, pickled beetroot, chutney, pickled water melon rind, celery, etc.

#### CARAMELIZED APPLES

1 $\frac{1}{2}$ pints Sliced, Pared Apples.	1 gill Castor Sugar.
1 gill Water.	2 tablespoons Butter.

Melt butter in a saucepan. When hot, add apples, sugar and lastly water. Cook without stirring till apples are soft and the sugar and butter a brown gold. Serve with cold duck, goose, or pork.

### APPLE CHUTNEY

- |                                    |                              |
|------------------------------------|------------------------------|
| 2 lb. Good Cooking Apples.         | 1 teaspoon Cayenne.          |
| 1 pint Brown Vinegar.              | 1 to 2 lb. Onions, to taste. |
| 10 oz. Brown Sugar.                | 1 lb. Sultanias.             |
| 1/2 oz. Ground Ginger. 2 oz. Salt. | 1/2 oz. Mustard Seed.        |

Peel and quarter the apples, and put them into an earthenware jar with the chopped onions and vinegar. Stew in oven to a pulp, then stir well, and pass through a sieve. In a dry jar, put the sultanias picked, cleaned, and cut up, and all the other ingredients. Pour in the hot mixture. Stir every day for a week. Pot in dry jars and seal.

### APPLE PUREE

- |                 |                             |
|-----------------|-----------------------------|
| 10 Tart Apples. | 2 tablespoons Castor Sugar. |
| 1/2 Lemon.      | 3 tablespoons Water.        |

Peel and core apples. Place them in a saucepan. Add water, lemon juice and sugar. Cook till apples are soft, then pass through a sieve. Cool and pot like jam. Serve cold with any roast game.

### CIDER APPLE SAUCE

- |                        |                                  |
|------------------------|----------------------------------|
| 1 pint Sweet Cider.    | 1 quart Peeled, Cored, and Shred |
| 1/2 pint Castor Sugar. | Apples. 1 pint Water.            |

Put cider, sugar, and water in a saucepan. Bring to boil. Add apples, cut in slices like fingers, 8 slices to an apple. Cover and simmer for 3 or 4 hours, without stirring, until liquid is nearly all cooked away and the apples are dark.

### PICKLED FRENCH BEANS

- |                     |                 |
|---------------------|-----------------|
| Young French Beans. | Spiced Vinegar. |
| Salt and Water.     | Cabbage Leaves. |

Cover beans with strong salt and water. Stand 3 days. Drain well. Place in a saucepan lined with cabbage leaves. Cover with cabbage leaves, then with boiling salted water. Simmer a few minutes. Drain and pack loosely into jars. Cover with boiling spiced vinegar. Next day, drain it off, reboil, pour over again. Repeat process following day. Cover closely. Store in a cool, dry place.

# PICKLED BEETROOT

1 quart Cold Boiled Beetroot.  
1 teaspoon Salt.  
Pepper.

1 teaspoon Carraway Seed.  
1 pint Vinegar.  
1 teaspoon Brown Sugar.

Boil beetroot in the usual way. Peel, and when cold, cut into thin slices. Place in a crock in layers, sprinkling each with the salt, sugar, carraways, and pepper to taste, mixed together.  $\frac{1}{2}$  teaspoon of pepper should be ample. Cover with vinegar. Keep closely covered. If the vinegar is not enough to cover beetroot entirely, add a little more. Serve with cold meats.

# PICKLED RED CABBAGE

1 Red Cabbage. Salt.  
1 teaspoon Peppercorns.

1 pint Vinegar. 6 Cloves.  
Few slices Very Red Beetroot.

Shred cabbage finely, lay it on a sieve, and sprinkle with salt. Repeat in layers. Leave for 2 days, turning frequently so that it may drain. Pack into pickling jars and cover with the following mixture. Boil vinegar with peppercorns, cloves, and 5 or 6 slices of beetroot. Remove beet, and pour pickle over cabbage. Cover and seal when cold.

# PICKLED CAULIFLOWER

4 heads Cauliflower.  
1 cup Salt. 2 cups Sugar.

$\frac{1}{2}$  cup Mixed Pickle Spices.  
2 quarts Vinegar.

Separate sprigs of cauliflower. Add salt and stand overnight. Place in a colander, rinse with cold water, and drain. Tie sprigs in a bag, and bring to boil with vinegar and sugar. Throw in cauliflower. Boil a few minutes, and pour into wide-mouthed bottles or cans till overflowing. Cork, or cover and seal to make air-tight.

# CHILLI SAUCE

1 cup Sugar.  
3 cups Vinegar.  
3 tablespoons Salt.  
 $1\frac{1}{2}$  cups Chopped Onions.  
1 teaspoon Ground Cinnamon.

5 quarts Chopped Ripe Tomatoes.  
2 cups Chopped Red Pepper.  
2 cups Chopped Green Pepper.  
1 teaspoon Ground Cloves.  
1 teaspoon Ground Allspice.

Mix chopped vegetables, salt, and sugar, and simmer mixture till it begins to thicken. Add vinegar and spices. Cook mixture till it becomes a thick sauce. Pour into hot, sterilised jars, and seal, or bottle and seal with wax. Makes about 3 quarts of sauce.

# RIPE CUCUMBER PICKLE

Cucumbers.  
Alum Water.

Vinegar.  
Sugar, Cloves, Cinnamon.

Halve cucumbers lengthwise. Cover with alum water, allowing 2 teaspoons powdered alum to each quart water. Turn into a saucepan. Bring gradually to boil. Stand at back of fire for 2 hours. Drain off water, and throw cucumbers into ice-cold water. Boil other ingredients together, allowing 2 lb. sugar, 2 tablespoons whole cloves and 1 stick cinnamon, the latter two tied in a muslin bag, to 1 pint vinegar. Boil 1 minute. Add cucumbers, cook 10 minutes, then pack cucumbers into glass jars. Pour syrup over. Scald syrup three days in succession and return to cucumbers after each scalding. Keep closely covered.

### SPICED GOOSEBERRIES OR BLACKBERRIES

7 lb. Fruit.	1 pint Vinegar.
4 lb. Brown Sugar.	1 teaspoon Cinnamon.
$\frac{1}{2}$ teaspoon Cloves.	2 blades Mace.
$\frac{1}{2}$ teaspoon Allspice.	

Top and tail gooseberries and hull blackberries. Put in a preserving pan with sugar, vinegar and spices. Bring to boil. Simmer, stirring frequently till fruit is soft. Remove fruit. Boil syrup till thick, add fruit, re-heat. Pot and seal at once.

### MIXED PICKLES

Take equal quantities in weight of good sound pickling onions, close, firm cauliflower, and small firm cucumbers. Proceed in the following way:—

Peel onion and put into brine for 3 or 4 days. Cut all green stems and stalks away from cauliflower, then break or cut up the flower into suitable sized pieces for bottling when ready. These pieces should now be put into brine for 3 or 4 days. Wash and clean cucumbers and cut into small oblong pieces and put into brine for 3 or 4 days. Thoroughly drain and put vegetables in glass jars, mixed in about equal quantities. Add pickling spice, allowing 1 teaspoon to each quart jar, then fill up jars with vinegar. Keep well covered with vinegar. Pickles will be ready for eating in one week.

### PICKLED NASTURTIUM SEEDS

1 quart Seeds.	1 oz. Salt.
3 Cloves.	1 quart Vinegar.
1 blade Mace.	Peppercorns.

Simmer vinegar, salt, peppercorns and mace for 15 minutes. Soak nasturtium seeds in brine for 7 days, changing brine every day. Rinse well. Dry and pack seeds in bottles.

Strain in hot vinegar and when quite cold, cork closely. Ready for using in a few weeks.

### PICKLED ONIONS OR SHALLOTS

*Brine. Vinegar. | Pickle Spice. Onions or Shallots.*

Peel shallots or onions. Place in brine for three or four days, then thoroughly drain. Put in jars and cover with cold vinegar. Allow 1 teaspoon mixed pickle spices to each quart of vegetable bottled. Cork, and make airtight. The onions or shallots will be ready in one week.

### PICCALILLI

$\frac{1}{2}$ peck Green Tomatoes.	$\frac{1}{2}$ peck Small Onions.
6 Large Cucumbers.	2 heads Celery.
1 Chilli Pepper.	5 Green Peppers.
1 Large Cabbage.	1 stalk Horseradish.
$\frac{1}{2}$ gallon Vinegar.	2 lb. Sugar.
2 tablespoons Salt.	1 teaspoon Allspice.
2 teaspoons Cinnamon.	1 teaspoon Cloves.

Add spices, sugar, and salt to vinegar. Bring to boil. Drain chopped ingredients. Place into glass jars. Pour boiling vinegar over. The spices should be tied in muslin. Cauliflower can be substituted for cabbage and a few French beans for part of the celery. Cover and seal.

### GREEN TOMATO PICKLE

1 peck Green British Tomatoes.	$\frac{1}{2}$ lb. Whole, White Mustard
1 lb. Sugar.	Seed. 1 oz. Ginger.
12 Onions.	1 oz. Ground Black Pepper.

Slice tomatoes and onions. Sprinkle with salt, stand overnight, and strain off juice. Allow 1 lb. sugar,  $\frac{1}{2}$  lb. whole white mustard seed, etc. Mix dry. Place a layer of tomatoes and onions in a kettle and sprinkle with spice, then tomatoes, and so on alternately till all are used up. Cover with vinegar and boil for 2 hours. Pack in small jars, and seal.

### TOMATO CATSUP

10 lb. Tomatoes.	3 Medium-sized Onions, sliced.
1 cup Vinegar.	2 Large Sweet Peppers.
3 teaspoons Salt.	$\frac{1}{2}$ tablespoon Whole Cloves.
$\frac{1}{2}$ cup Sugar.	3 2-inch pieces Cinnamon Stick.
$\frac{1}{2}$ teaspoon Ground Mustard.	$\frac{1}{2}$ tablespoon Whole Allspice.
2 teaspoons Paprika.	$\frac{1}{2}$ teaspoon Celery Seed.

Select ripe tomatoes. Wash, cut in pieces, throwing away discoloured parts. For each 10 lb. tomatoes, allow the above quantities of ingredients. Cook tomatoes, onion and seeded

and sliced pepper for about 30 minutes, then rub through a fine sieve. Cook till slightly thickened. Add vinegar, sugar, paprika, mustard, celery seed and salt. Tie spices in muslin and cook all together, stirring frequently, till the right consistency. Fill sterilised bottles with catsup. Seal and store in a dark, cool place. Makes 1 to 2 quarts catsup.

### EMPIRE TOMATO CHUTNEY

4 lb. Green or Red Tomatoes.	1 lb. Sugar.
3 pints Vinegar.	Juice of 3 Lemons.
3 lb. Apples.	1 lb. Marrow.
1 lb. Sultanas.	1 lb. Shallots.
3 oz. Salt.	$\frac{1}{2}$ oz. Chillies.
1 doz. White Peppercorns.	$\frac{1}{2}$ oz. Bruised Ginger.

Put the vinegar and sugar into a pan with the ginger, peppercorns and chillies, tied in muslin, and boil for 50 minutes. Cut the vegetables into small pieces or pass through a mincing machine and add with the lemon juice to the vinegar. Simmer until the vegetables are thoroughly cooked and the chutney is of the correct consistency. (Time required approximately  $3\frac{1}{2}$  to 4 hours.) It may be necessary to add more vinegar as cooking proceeds. Pot and seal.

### WALNUT CATSUP

100 Green Walnuts.	6 oz. Shallots.
8 oz. Salt.	2 quarts Vinegar.
1 head Garlic.	2 oz. Peppercorns.
$\frac{1}{2}$ oz. Mace.	2 oz. Anchovies.
	$\frac{1}{2}$ oz. Cloves.

Shell and beat walnuts in a large mortar till broken. Put in a jar with chopped, peeled shallots, trimmed garlic, vinegar and salt. Stand a fortnight, stirring twice daily. Strain off liquid into a saucepan. Add anchovies, peppercorns, cloves and mace. Boil 1 hour, skimming well. Strain, and when cold pour into small bottles. Cork closely. Store in a dry place.

### HORSERADISH VINEGAR

3 oz. Scraped Horseradish.	1 quart Pure Malt Vinegar.
1 drachm Cayenne.	1 oz. Minced Shallot.

Pour vinegar over other ingredients. Stand, covered closely, for one week. Bottle and store. Serve with cold meats as required.

### MINT VINEGAR

Fresh Mint Leaves. | Vinegar.

Place fresh, cleaned mint leaves into a wide-mouthed bottle. Pack loosely. Fill with vinegar. Cork closely. Stand two or three weeks, then strain into another bottle. Keep well corked, and use for mint sauce when fresh mint is unobtainable.

### RASPBERRY VINEGAR

2 quarts *Fresh Raspberries.* | 2 quarts *Vinegar.* Sugar.

Wash and hull raspberries. Drain well. Pour over vinegar. Stand covered for four days, stirring each morning. Strain, and add 1 lb. sugar to every pint liquid. Bring slowly to boil, and simmer 20 minutes. Bottle when cold. Cork tightly. Make BLACK CURRANT VINEGAR in the same way.

### TARRAGON VINEGAR

$\frac{1}{2}$  lb. *Tarragon Leaves.* | 2 quarts *Vinegar.*

Use only the tarragon leaves. Bruise them slightly. Put in a wide-mouthed bottle. Cover with vinegar. Cork tightly. Stand in a cool dry place for 7 weeks. Strain into small bottles. Cork tightly, and store in a dry, cool place.

### FRENCH MUSTARD

1 Egg. | 3 tablespoons *Dry Mustard.*  
1 tablespoon *Olive Oil.* | 1 cup *Pure Malt Vinegar.*  
Spices. | 1 tablespoon *Castor Sugar.*

Mix mustard and sugar in a basin. Stir in beaten egg. Continue stirring till smooth, then add vinegar, prepared in the following way: Pour vinegar into a saucepan, add 2 blades mace,  $1\frac{1}{2}$  inch cinnamon stick, 6 peppercorns, 3 allspice,  $\frac{1}{2}$  bay-leaf, 2 cloves of garlic, and 4 chopped shallots. Bring to boil, simmer 5 minutes, and use when cool. Beat, adding a little vinegar at a time. When smooth, cook 3 or 4 minutes, stirring constantly. Leave till cool. Stir in olive oil gradually. Bottle when cool.

### PIQUANTE MUSTARD

1 tablespoon *Salad Oil.* | 2 tablespoons *Ground Mustard.*  
 $\frac{1}{4}$  teaspoon *Salt.* | 2 tablespoons *Vinegar.*  
1 teaspoon *Castor Sugar.*

Mix salt and sugar together. Stir in oil. Mix mustard to a paste with vinegar and stir mixtures together. Dilute with a little boiling water if mixture is too thick.

# BEVERAGES

## HINTS ON HOT DRINKS

### TO MAKE COCOA

*Allow per person 1 cup Boiling Water.  
1 cup Milk. | 2 teaspoons Cocoa.  
2-4 lumps Sugar, depending on taste.*

Bring the milk to the boil. Meanwhile measure cocoa and sugar into another saucepan, stir in boiling water, bring to the boil, stirring constantly, then boil one minute. Stir it into the boiling milk. Serve for party occasions with a spoon of whipped cream on top.

### TO MAKE SWISS COCOA

*Allow per person (per breakfast cup) 1 teaspoon Cocoa. 1 heaped teaspoon Sweetened Full-cream Condensed Milk.*

Mix cocoa and milk to a paste, in a breakfast cup, stir in boiling water gradually till cup is full. Serve at once.

### BREAKFAST COCOA.

*$\frac{1}{2}$  pint Milk. | 1 heaped teaspoon Cocoa.  
1 heaped teaspoon Sugar.*

Scald milk. Make the cocoa into a paste with cold water, then stir milk into cocoa paste. Add sugar, return to saucepan, and boil a minute.

### TO MAKE COFFEE

Coffee should always be freshly ground and stored in air-tight tins.

Allow 1 tablespoon of coffee to 1 cup of water. If wanted for breakfast, measure with a breakfast cup, if wanted black for after lunch or dinner, measure water with coffee cup.

**TO MAKE COFFEE WITHOUT COFFEE MAKER.**—Allow 1 heaped tablespoon ground coffee to 1 teacup freshly boiling water, or  $\frac{1}{2}$  lb. ground coffee to 1 quart of boiling water. Place the coffee, mixed to a paste with cold water, in a hot coffee pot, add a clean egg-shell, then the boiling water, and boil 5 minutes. Remove from flame, and stand where it will keep hot for 10 minutes, then add  $\frac{1}{2}$  cup cold water, and drain off grounds into cups. Add sugar to taste and hot milk or cream.

The secret of making good coffee is to have freshly-ground,



freshly-roasted coffee beans of a blend you fancy. The cups should be warm, the milk hot but not boiled, and the coffee strong. "Spare the coffee and spoil the cup." Although I have suggested 1 tablespoon of coffee is enough for a breakfast cup, you can double the amount if you like a strong cup of coffee in the morning.

#### FROTHED COFFEE

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 quart Strong Strained Coffee. | 1 quart Boiling Milk.      |
| 3 Egg Whites.                   | 1 tablespoon Castor Sugar. |

Strain the coffee through muslin, and then stir in the boiling milk, cover with a cosy, and stand 5 minutes. Meanwhile whisk the egg whites till frothy and stir in castor sugar. Pour out the coffee and put a large tablespoon of froth on each cup.

#### TO MAKE CHOCOLATE

- |                               |                      |
|-------------------------------|----------------------|
| 1½ oz. Unsweetened Chocolate. | 1 cup Boiling Water. |
| 4 tablespoons Castor Sugar.   | 3 cups Milk.         |
| Tiny pinch of Salt.           |                      |

Melt chocolate in a double boiler over boiling water. Add sugar and salt, then gradually stir in the boiling water. When smooth, bring to the boil, and boil 1 minute, then stir in scalded milk. Beat well and serve.

NOTE.—Sweet chocolate can be used, and then it is necessary to omit the sugar.

#### CHOCOLATE NECTAR

Melt 2 oz. chocolate over a gentle heat, stir in ½ cup liquid coffee, and cook for 2 minutes, stirring constantly. Add 1 cup castor sugar, 3 cups water, and simmer for 5 minutes. Remove pan from fire. Stir in a teaspoon of vanilla essence, and serve in hot cups with a teaspoon of whipped cream floating on each. If sweetened chocolate, add sugar only if wanted.

#### TO MAKE TEA

Rinse out the teapot with boiling water, add 1 teaspoon of tea per person, and 1 teaspoon extra if for more than three. Pour in boiling water, which has come *freshly and fully to the boil*. Cover with teapot lid and then with the tea cosy, and infuse from 3 to 10 minutes, or longer, depending on the kind of tea. The average tea takes from 3 to 4 minutes to infuse. Your tea merchant will tell you *how long to infuse the tea you fancy*.

Remember if you cannot secure a good cup of tea in your neighbourhood it may be the fault of the water, so ask your supplier if he stocks a tea specially blended to suit the water of the neighbourhood.

#### TEA A LA RusSE

Use China or Russian Caravan tea, and infuse as usual. Serve with a slice of lemon in each cup, and sugar if liked, instead of with cream, or milk and sugar.

### SUGGESTIONS FOR COLD DRINKS

1.  $\frac{1}{2}$  glass Milk.  $\frac{1}{4}$  glass Cracked Ice.  $\frac{1}{4}$  glass Ginger Ale.
2. Beat 1 Egg slightly. Add 1 tablespoon Castor Sugar. Stir in  $\frac{3}{4}$  cup Milk. Beat well. Serve in a tall glass with a little Cracked Ice.
3.  $\frac{3}{4}$  glass Ice-cold Lemonade,  $\frac{1}{4}$  glass Grape Juice.

**TO MAKE COCOA SYRUP.**—Boil 2 cups castor sugar and 1 cup water to a syrup. Stir 1 tablespoon cornflour and 1 cup cocoa into a cup of water, and then add to boiling syrup, and simmer 10 minutes. Cool, bottle, and store in a cool larder till required. Dilute with milk or water and ice to taste.

**TO MAKE LEMON SYRUP.**—Allow 12 lemons to 1 lb. castor sugar. Add sugar to lemon juice, stir until dissolved, pour into bottles and cork. Keeps good for a week if stored in a cool place.

Excellent iced drinks can be made from any **TINNED FRUIT SYRUP** sharpened with a few drops of lemon juice, and diluted to taste with soda water and iced.

**TO MAKE LEMON SODA.**—Allow the juice of 1 lemon, 2 tablespoons castor sugar, and  $\frac{1}{4}$  teaspoon baking soda to 1 glass of lemon soda. Mix sugar and lemon juice, add cold water till glass is  $\frac{3}{4}$  full, then stir in soda and serve.

#### AMBER CUP

- |   |                       |
|---|-----------------------|
| $\frac{1}{2}$ wineglass Sherry.               | 1 oz. Castor Sugar.   |
| 1 quart Cider.                                | 2 bottles Soda Water. |
| $\frac{1}{2}$ Lemon, or small piece Cucumber. |                       |

Pour sherry and cider into a jug. Stir in sugar, and thin slices of cucumber if you have it, otherwise use lemon. Cover jug and stand in a cold place for about 2 hours, if using cucumber. If using lemon, stand only 10 minutes. Add soda water and one or two maraschino cherries.

## APPLE DRINK

2 Apples.  
3 Cloves.  
Thin slice of Lemon.

2 quarts Water.  
6 lumps Sugar.  
Juice and Rind of 1 Lemon.

Wash apples, remove stalks, then cut in slices without peeling or coring. Place all ingredients in a pan. Simmer gently for 1 hour. Strain and give when cold to children over two years old as a remedy for constipation.

## CHINA PUNCH

1 pint China Tea.  
2 cups Water.  
4 Lemons.  
4 Oranges. Ice.

1 cup Crushed Pineapple.  
1 pint Peach Juice.  
2 cups Castor Sugar.  
1 quart Aerated Water.

Boil sugar and water 10 minutes. Leave till cold. Strain tea and fruit juices. Stand 1 hour. Add aerated water and enough iced water to make punch taste. Quantity enough for a tennis party.

## COUNTRY FRUIT PUNCH

$\frac{1}{2}$  cup Water.  $\frac{1}{2}$  cup Tea.  
1 cup Castor Sugar.  
Juice of 2 $\frac{1}{2}$  Lemons.  
Juice of 2 $\frac{1}{2}$  Oranges.  
 $\frac{1}{2}$  cup Maraschino Cherries.

1 cup Strawberry or Raspberry Syrup.  
 $\frac{1}{2}$  tin Grated Pineapple.  
1 pint Aerated Water.

Boil sugar and water to a syrup for 10 minutes. Add tea, fruit syrup, lemon and orange juice and pineapple. Stand 1 hour. Strain and add enough chilled water to make a gallon of liquid. Pour aerated water into a large bowl. Throw in cherries. Add a lump of ice. Decorate bowl with maidenhair or asparagus fern and bunches of fresh cherries or grapes. Enough for 24 persons.

## FRUITADE

1 cup Sugar.  
1 pint Water.  
2 bottles Ginger Ale.

1 Orange.  
3 Lemons.  
1 tin Grated Pineapple.

Boil sugar and water together for 10 minutes. Add pineapple and juice of orange and lemons. Strain, cool and, just before serving, add ginger ale. If too sweet for your taste, dilute with soda water.

## FRUIT PUNCH

3 Lemons. 4 Oranges.  
1 Pineapple. Sugar.

1 quart Raspberry Juice.  
1 quart Red Currant Juice.

To the raspberry juice and red currant juice add the juice of the three lemons and pineapple and 4 oranges. Mix

thoroughly. Add 6 oz. sugar to 1 quart water. Bring to boil, then boil 10 minutes. Cool slightly. Add to fruit juice mixture and chill thoroughly. Fill tall glasses one-third full of cracked ice and add punch to fill glasses two-thirds full. Then dilute with soda water and serve immediately, with vanilla "meringue" on top of each portion.

**VANILLA MERINGUE.**—Whip some cream and flavour to taste with vanilla essence. Put 2 teaspoons on top of each glass.

### GINGER ALE FRUIT COCKTAIL

1 pint <i>Ginger Ale.</i>		$\frac{1}{2}$ cup <i>Grapefruit Juice.</i>
$\frac{1}{2}$ cup <i>Sugar.</i>		$\frac{1}{2}$ cup <i>Orange Juice.</i>
		$\frac{1}{2}$ cup <i>Water.</i>

Mix sugar and water and bring to boil in a saucepan. Cool, add ginger ale and fruit juices. Shake with ice and serve in cocktail glasses. Enough for 6 persons.

### GINGER ALE JULEP

6 <i>Lemons.</i>		6 <i>sprigs Mint.</i>
1 cup <i>Crushed Ice.</i>		<i>Castor Sugar.</i>
		<i>Ginger Ale.</i>

Put a small cup of sugar in a glass jug. Add juice of lemons. When sugar is dissolved, throw in mint, after bruising one or two of the lower leaves slightly with the fingers. Add ice, then serve at once, after adding two or three bottles of ginger ale.

### GINGER CORDIAL

$\frac{1}{2}$ lb. <i>Figs.</i>		1 <i>saltspoon each Ground Cinna-</i>
$\frac{1}{2}$ <i>teaspoon Allspice.</i>		<i>mon, Mace, and Cloves.</i>
3 <i>bottles Ginger Ale.</i>		1 <i>teaspoon Cornflour.</i>
<i>Lemon Juice.</i>		<i>Pinch Ground Ginger.</i>

Stew figs slowly with allspice, ginger, cinnamon, mace, and cloves and enough cold water to cover. When figs are tender, remove from fire and press through a sieve. Return this syrup to a clean saucepan and add ginger ale. Heat gradually, then beat in cornflour, dissolved in a little water. Stir constantly till mixture boils. Flavour with a few drops of lemon juice and serve in small cups with a little chopped candied orange peel floating on top of each.

### GINGER PUNCH

4 <i>cups Water.</i>		$\frac{1}{2}$ <i>cup Lemon Juice.</i>
1 <i>cup Castor Sugar.</i>		$\frac{1}{2}$ <i>cup Orange Juice.</i>
1 <i>quart Soda Water.</i>		$\frac{1}{2}$ <i>cup Preserved Ginger.</i>

Boil sugar, water and minced ginger together for 20 minutes. Strain, and add lemon and orange juice. When required, pour into a large punch bowl and add soda water. Sometimes I add a bottle of ginger ale as well. Float a slice or two of orange and lemon in the bowl and serve with a ladle into tumblers.

### HAWAIIAN PUNCH

2 cups Orange Juice.	1 cup Juice from tin of Grape-
2 cups Iced Water.	fruit.
1½ cups Icing Sugar.	½ cup Lemon Juice.

Mix fruit juices and sugar, then stir till sugar is dissolved. Add iced water and serve.

### ICED COFFEE

½ cup Cream.	Sugar.	1 quart Chilled, Clear, Strong
1 tablespoon Vanilla.		Coffee.

Add cream, vanilla and sugar to taste to the coffee. Turn into a freezer, packed with equal parts rock salt and crushed ice. Freeze to a mush only. Serve in tall glasses with a teaspoon of whipped cream, flavoured with vanilla, on top of each accompanied by slices of Victoria sandwich.

### LOGANBERRY FIZZ

2 Lemons.	1 cup Loganberry Juice.
½ cup Pineapple Juice.	Sugar.

Mix loganberry juice and pineapple juice in a bowl, with ½ cup sugar, if you are using tinned pineapple. If fresh, use more sugar to taste. Add the juice of 2 lemons. Stand 1 hour. Add crushed ice and 1 pint of soda water. A bunch of mint on top of jug adds flavour and a touch of colour. Enough for 10 small punch glasses.

### LOGANBERRY SQUASH

½ cup Lemon Juice.	1½ cups Tinned Loganberry
½ cup Castor Sugar.	Juice.
6 thin slices Cucumber.	cup Orange Juice.
1 quart Aerated Water.	

Mix fruit juice, sugar, and 1 teaspoon grated orange rind together. Add cucumber slices, unpeeled, and stand on ice or in a refrigerator for several hours. Mash cucumber slightly. Strain into a glass jug and decorate with sprigs of mint or borage.

### LOGANBERRY PUNCH

1½ pints Cold Water.	1 quart Ginger Ale.
Ice.	½ pint Loganberry Juice.

Place a block of ice in a punch bowl. Pour in loganberry syrup. Add water and when quite cold, ginger ale. Serve in tall glasses with a thin slice of lemon floating on top of each.

### MIDSUMMER PUNCH

1 handful Cherries.	1 quart Ginger Ale.
1 cup Sugar.	1 tablespoon Lemon Juice.
Soda Water. Ice.	1½ cups Orange Juice.

Pour orange and lemon juice over sugar. Stand 4 hours. Turn into a glass jug. Add ice, ginger ale, cherries, and soda water. Serve at once.

### MINT JULEP

½ Lemon.	Ginger Ale.		1 tablespoon Icing Sugar.
Fresh Mint.			½ glass Chipped Ice.

Bruise leaves of mint in a glass with lemon rind cut in thin strips. Add lemon juice, sugar, and stand on ice or a marble slab for 1 hour to ripen and chill. When required, place in a fresh glass with ice. Fill up with ginger ale and serve with a fresh sprig of crushed mint on top. Enough for 1 person.

### MINT TEA (SPARKLING)

6 quarts Strong Tea.	6 cups Castor Sugar.
3 quarts Soda Water.	1½ pints Lemon Juice.
Ice.	Mint.

Quantities given in this recipe are for a big party of people. Make tea in the usual way, allowing at least ½ tea-spoons to 1 quart boiling water. Infuse for 10 minutes, then strain off tea. Add sugar. Stand till cool. Put a block of ice in a punch bowl. Stir lemon juice into tea. Add soda water, and serve in tall glass jugs with a lump of ice in each. Place a sprig or two of mint in each. Makes about 2½ gallons. A few berries, green grapes, or a slice of lemon and orange can be added to each jug.

### ORANGEADE

Juice of 4 Oranges.	Juice of ½ Lemon.
Water.	4 table-spoons Sugar.

Dissolve sugar in a saucepan containing enough boiling water to cover the sugar. Add strained lemon juice and orange juice, then 4 cups of cold water. When quite cold, serve. Sometimes when providing nursery drinks I only use two-thirds the quantity of orange juice and one-third loganberry juice, either bought in bottles or obtained by

crushing fresh loganberries and squeezing them through a sieve.

### PINEAPPLE CUP

4 cups Water.  
2 cups Castor Sugar.  
Juice of 3 Oranges.

4 Lemons.  
2 cups Tea.  
2 cups Grated Pineapple.

Boil water, sugar and pineapple together for 15 minutes. Add grated rind and juice of lemons and juice of oranges. Stand till cold. Strain, add tea, which should be freshly made, then pour into a large bowl over a block of ice. Serve in tall jugs with one or two slices of lemon, orange and banana for garnish.

### RASPBERRY LEMONADE

2 Lemons.  
8 lumps Sugar.

1 quart Boiling Water.  
Raspberries.

Peel lemons as thinly as possible. Place peel in jug. Pour boiling water over. Stand till cold. Add juice of lemons just before serving. Allow 2 tablespoons crushed berries to every tumbler of lemonade. You can vary lemonade by substituting 2 tablespoons chopped tinned pineapple, sweet ripe loganberries, or tinned peaches for the raspberries.

### STRAWBERRY LEMONADE

1 tablespoon Castor Sugar.  
2 tablespoons Sliced Strawberries.

Juice of 1 Lemon.  
Boiling Water. Soda Water.  
Crushed Ice.

Pour enough boiling water over sugar to melt it. Leave till cold. Add lemon juice and mix well. Place in a tall glass containing some crushed ice. Add strawberries. Fill up with soda water. Enough for 1 person.

### STRAWBERRY PUNCH

1 quart Water.  
Juice of 1 Orange.  
1½ cups Castor Sugar.

1 quart Strawberries.  
Juice of 1 Lemon.  
Ice.

Hull berries into a deep dish. Sprinkle with sugar. Stand 2½ to 3 hours. Crush with a potato masher. Squeeze well through a jelly bag into a tall jug. Add water and strained fruit juices. Place a piece of ice in a punch bowl and pour over punch.

### TUTTI-FRUTTI CUP

1 cup Stoned Cherries.  
1 cup Shredded Pineapple.  
1 pint Crushed Berries.  
1 peeled Cucumber.  
3 cups Castor Sugar.

½ pint Lemon Juice.  
1 tablespoon Grapefruit Juice.  
1 or 2 Muscatel Grapes.  
1 quart Water. Icing Sugar.  
Rind of 1 Orange. Nutmeg.

Place pineapple, cherries, and berries in a basin. Sprinkle with icing sugar, a grating of nutmeg, and grated rind of 1 orange. Stand for 3 hours to ripen. Boil water and castor sugar together for 10 minutes. Remove from fire, and when cold stir in lemon and grapefruit juice and the cucumber cut in dice. When required for use, place a large block of ice in a punch bowl. Garnish with clusters of cherries and sprigs of rosemary. Stir mixtures together and pour over ice very slowly.  $\frac{1}{2}$  pint of lime juice can be substituted for the lemon juice.

#### A SIMPLER TUTTI FRUTTI CUP

<i>Juice 4 Lemons.</i>	<i>1 tin Pineapple.</i>
<i>2 Apples.</i>	<i>1 tin Cherries.</i>
<i>2 Oranges.</i>	<i>2 syphons of Soda Water.</i>

Divide the tins of fruit between two tall jugs. Divide the lemon juice between each, then slice in an apple and an orange to each jug. Add a syphon of soda water to each jug. Enough for 12 to 16 persons. Suitable for a children's party.

#### WHEY LEMONADE

<i>1 quart Whey.</i>	<i>6 tablespoons Sugar.</i>
<i>Juice 2 Lemons.</i>	<i>Slices of Lemon.</i>

Heat 1 quart sour milk in a double boiler. Cook till curd separates. Strain and mix whey with sugar, lemon juice, and serve as a cooling drink with a slice of lemon floating in each glass.

#### OLD ENGLISH CLOUDY GINGER-BEER

<i>2 Lemons.</i>	<i>2 oz. Yeast.</i>
<i>1 oz. Ginger.</i>	<i>1 oz. Cream of Tartar.</i>
<i>3 lb. Loaf Sugar.</i>	<i>3 gallons Boiling Water.</i>
<i>1 tablespoon Castor Sugar.</i>	

Thinly slice the lemons and add the rind to the juice. Bruise the ginger. Pour the boiling water into a large crock, preferably earthen, and add in the following order—ginger, cream of tartar, sugar, lemon juice and rinds. Mix the yeast with the castor sugar to a cream, and add to the other ingredients when they have reached blood heat. Stir well, then cover, and allow to stand all night. Carefully remove the yeast scum, and bottle. The brew is ready for use, but improves considerably if allowed to "work" for a further day or so in the bottles.



## BOSTON CREAM

- |   |                                   |
|---|-----------------------------------|
| 1½ lb. Sugar ( <i>crystallised is best</i> ). | 3 tumblers of Water.              |
| ½ teaspoon Essence of Lemon.                  | 2 oz. Tartaric or Citric Acid.    |
|   | White of 1 Egg beaten to a froth. |

Bring the sugar and water to boiling point and allow them to cool. Add the other ingredients. Stir well and bottle. For a cooling effervescent drink add 1 tablespoonful of the mixture to half a tumbler of water, with a pinch of bicarbonate of soda.

## CLARET CUP

- |                         |                       |      |
|-------------------------|-----------------------|------|
| ½ lb. Castor Sugar.     | 3 Lemons.             | Ice. |
| 1 gill Brandy.          | 2 sprigs Mint.        |      |
| 2 quarts Claret.        | 2 bottles Soda Water. |      |
| 2 or 3 strips Cucumber. |                       |      |

Dissolve sugar in enough water to melt it. Allow to cool. Place in a large punch bowl or jug. Add brandy and strained lemon juice. Stir well, then stir in 2 sprigs of mint, strips of cucumber, claret, 1 quart of broken ice, and the thinly cut rind of the lemon. Add one or two slices of lemon and orange, one or two chunks of pineapple, and a few cherries or berries. Stand 3 or 4 minutes, then add iced soda water.

## WHITE WINE CUP

- |  |                          |
|--|--------------------------|
| 2 quarts Sauterne, Hoch or Bursac, or Moselle. | ½ pint Boiling Water.    |
| 1 Lemon.                                       | 1 cup Castor Sugar and 3 |
| 2 Oranges.                                     | tablespoons Sugar.       |
| Ice.   | 1 bottle Soda Water.     |

Stir the 3 tablespoons sugar and boiling water together until the sugar dissolves, then cool. Add the cup of sugar, and 2 gills broken ice. Whip all together for 3 or 4 minutes, then add the strained lemon and orange juice. Stand 5 minutes, then add wine, and soda water, and one or two lumps of ice. Decorate cup or bowl with a few berries, one or two slices of orange, and one or two slices of fresh or tinned peaches.

## COCKTAILS

## MAIDEN'S PRAYER

- |                      |                          |
|----------------------|--------------------------|
| 2 eighths Cointreau. | 1½ eighths Orange Juice. |
| 3 eighths Dry Gin.   | 1½ eighths Lemon Juice   |

## LOHENGRIN (PICK-ME-UP)

- |                  |                         |
|------------------|-------------------------|
| 1 glass Dry Gin. | ½ glass Crème de Cacao. |
| 1 Egg.           | Sugar to taste.         |
| Milk.            | Ice.                    |

Pour gin and crème de cacao into a cocktail shaker. Add egg and castor sugar to taste, then fully  $\frac{1}{2}$  tumbler of milk, and some ice. Shake well, then pour into a tumbler. Serve mid-morning, or when a pick-me-up is wanted, but not just before a meal.

## BRONX

$\frac{1}{2}$  glass Dry Gin.                      |                       $\frac{1}{2}$  glass Orange Juice.  
     $\frac{1}{4}$  glass Vermouth.

Use French vermouth if a dry cocktail is preferred, and Italian for a sweet one.

## ORANGE BLOSSOM

$\frac{1}{2}$  glass Gin.                                      |                       $\frac{1}{2}$  glass Orange Juice (strained).

MANDARIN ORANGE BLOSSOM.—Use Mandarin Juice.

MINT ORANGE BLOSSOM.—Use a few sprigs of mint with the ice, orange juice and gin, before shaking.

## MARTINI

$\frac{1}{2}$  glass Gin.                                      |                       $\frac{1}{2}$  glass French Vermouth.  
     $\frac{1}{4}$  glass Italian Vermouth.

Place an olive in each glass. If wanted dryer, use more French vermouth, and less Italian, and a few drops of lemon juice.

## MANHATTAN

$\frac{1}{2}$  glass Scotch Whisky.                      |                       $\frac{1}{2}$  glass French Vermouth.  
     $\frac{1}{4}$  glass Italian Vermouth.

## LEAP YEAR

$\frac{1}{2}$  Gin.    |                       $\frac{1}{2}$  Grand Marnier.  
     $\frac{1}{4}$  Italian Vermouth.                                      |                      Dash Lemon Juice

Add a snip of lemon peel.

# HOW TO CARVE

## EQUIPMENT REQUIRED :

- |                                   |                        |
|-----------------------------------|------------------------|
| 1 set of Fish Slice and Fork.     | 1 set of Meat Carvers. |
| 1 set of Game or Poultry Carvers. | 1 pair Game Shears.    |
| 1 Steel.                          | Knife Rests.           |
- Flat Dishes, with Wells, where possible.*

## TO CARVE FISH

1. Take care not to separate the flakes. Remember the middle cut is the choice part. The closer you come to the tail, the more insipid the fish.

2. Carve fish like halibut, salmon, turbot in this way : First run the knife down the middle of the back down the whole length of the cut and right through to the bone, then cut towards the sides of the fish, and slip the knife under, parallel to the bone, so as to be able to move the flesh, and cut into suitable slices. When carving salmon, you should serve a little of the thick and a little of the thin to each person. Carve the top of the fish before carving underneath. Raise the backbone before carving below.

3. To carve grilled fish, carve lengthwise down the centre, then cut right through into convenient portions.

4. To carve sole, cut fish through bone and flesh into suitable fillets, but ask your guests which part they prefer before serving fish.

## TO CARVE POULTRY AND GAME

1. ROAST CHICKEN AND TURKEY.—Insert fork firmly in the breast of the bird, then make a sharp downward cut between the body and the thigh, and turn the blade of your knife outward in order to detach the leg enough to allow you to sever the joint between the leg and the body. You can either remove both legs before taking off the wings or sever them alternately, this depends on the number of persons to be served. When removing the wings, the carver should cut so that a part of the breast goes with each wing. If fowl is large, the breast can be sliced, and served in slices, if small, serve a small piece with the joints. The breast alone of a large turkey should be made to serve quite a number of

persons, and serve the forcemeat also cut into thin slices. If the body of the bird is stuffed, cut the apron across. The merrythought or wishbone should have, after the wings are removed, enough breast left on it to provide one portion. The breast, wings, and merrythought are the best of a fowl or turkey. The ladies are generally given (cuts) white meat and the gentlemen the dark meat.

2. CARVE BOILED FOWLS AND TURKEYS in the same way.

3. DUCK OR GOOSE.—Carve a young duck like a chicken. Remove wings, then breast in one slice each side of the breast bone. Then remove legs and sever them at the joints. The leg is the choicest portion. As breast is the choicest part of a goose, there should be enough breast on a goose to go round for an average dinner party. If not, give a choice of leg and breast. If the party is large, give a small cut of the upper part of the wing along with a small cut off the breast.

4. CARVE GUINEA FOWL like chicken.

5. BLACKCOCK.—Breast and thigh are the choice cuts. Carve thigh into thin slices or serve whole. Otherwise carve like chicken.

6. GROUSE AND PARTRIDGE.—Draw your knife sharply along the top of the breast bone, then cut bird in two. If wanted to serve three, give a leg and wing each to two persons, and the breast to the third. Serve a piece of toast with each portion.

7. PHEASANT.—Carve like a chicken, but remember the choice parts are the breast and wing.

8. HARE.—The head of the hare should be placed on the dish facing the left hand of the carver. Make a cut in the back, then carve along the backbone from the head end to the tail end. Next carve through the side and middle, taking care not to cut any bone. Cut the flesh into steaks. Serve with plenty of gravy.

9. HAUNCH OF VENISON.—Arrange joint on serving dish with the thick end towards the carver. Cut in medium slices along the haunch and down to the bone.

## TO CARVE MEAT

1. TONGUE.—If rolled and pressed, cut into even slices right across. If in its natural shape, slice thinly, remembering that the root is fat, and the tip very dry.

2. **BEEF : BRISKET.**—Carve evenly and firmly across the whole width of the joint.

**RIBS, ROLLED.**—Carve like pressed tongue, but make certain that the guard of your fork is up or you may cut your hand.

**RIBS, NOT ROLLED.**—Carve in slices towards the bone. It will be easier to carve it if you insert your knife between the bone and the meat before you start to carve.

**SIRLOIN.**—To carve the upper part, cut evenly and in thin slices with the grain towards the bone. The knife should first be inserted between the bone and the meat, and run sharply along to separate the one from the other. The undercut should be carved first unless the joint is to be finished at one sitting when a little piece of undercut should be given to each person. If the roast is intended for more than one meal, serve the undercut first, cut into thick slices across the grain towards the bone.

3. **MUTTON AND LAMB : SHOULDER.**—Cut in thick slices towards the bone in the centre of joint, then carve the meat lying on each side of the blade bone from the knuckle end. Turn joint and carve in slices along its whole length.

**LEG.**—Beginning near the centre of the joint, cut in  $\frac{1}{2}$  inch thick slices down to the bone. After removing one or two slices in this way, run your knife parallel with the bone to detach the slices of meat. The thick side of the leg of lamb is the best to serve hot.

4. **PORK : LOIN.**—See that joint is properly jointed before you roast it, and that the crackling is evenly scored. To carve, divide into neat and even chops.

**LEG**—If unstuffed, carve sharply down to the bone—see Leg of Mutton. If stuffed and boned, cut in slices.

5. **VEAL : BREAST.**—(Stuffed and rolled), slice thinly. Loin, see Pork. Serve a piece of the kidney and kidney fat along with chop.

**FILLET.**—Cut in medium slices.

6. **HAM.**—When carving ham, remember that the meat beside the bone is the choicest. When half a ham has been cooked, slice from the top down to the bone. If wanted to carve economically, start at the shank end, otherwise it is considered correct to start in the middle.

7. To carve a **CROWN ROAST** of lamb, mutton or pork, cut between each two ribs. Give one chop to each person, and a portion of stuffing if roast is stuffed.

## HINTS ON CATERING AND COOKING IN WAR-TIME

There's not so much difference between good cooking and catering in war-time and good cooking and catering in peace-time. Our aim still is to provide well-balanced, nourishing and varied meals, and to avoid giving ourselves a lot of unnecessary work. But under war-time conditions it becomes more difficult. We have rations, higher prices and scarcity of some foodstuffs to contend with. This is where we've got to use our ingenuity and imagination if we're to keep up our catering standards. In times like these it's more important than ever that the cook should not fall down on her job.

In this supplement I'm going to give you the answers to the problems that have invaded every war-time kitchen, and show you how, by a little ingenious substitution here, a well-thought out variation there, you can follow your favourite recipes for tasty, satisfying dishes, cakes, bread, preserves and sweets, undeterred by rations and soaring prices. Let's take rations first.

### MAKING THE MOST OF RATIONS

There are two ways to make rations go further: one is to combine them cleverly with the foods that remain unrationed; the other is to cook them in ways that will make the most of their nourishing qualities. Here are some variations that will help you.

#### TO MAKE BUTCHER'S MEAT GO FURTHER

1. Arrange to have a Fish Dinner and a Vegetarian Dinner once a week, then put rations not used together to give you a weekly joint.
2. When a small joint is possible, have it boned so that you can stuff it to make it go further.

3. Remember that the addition of dough-balls, oatmeal puddings or dumplings either to stewed steak, minced shin, or a casserole of steak, ekes it out.

4. You can always have a savoury meat dish with a little meat if you mince the meat and make it into a savoury roly-poly with suet crust for coating.

5. A small quantity of lamb, mutton, pork, steak or veal will give you an appetizing curry which can be made to go further by the addition of drained canned beans, slices of apple, or hard-boiled egg to taste.

6. When buying steak and kidney for a pie or pudding first buy your ration of steak and then make up the quantity of the combination usually required with ox kidney.

7. Add ox kidney in the proportion of  $\frac{1}{2}$  lb. to a ration of beef for 4 persons, or 1 sheep's kidney per person when cooking lamb or mutton. Add ox kidney to taste when cooking veal.

#### TO EKE OUT THE BREAKFAST BACON

1. Have rashers thinly sliced. Allow only 1 rasher each at breakfast, but serve slices of apple, or small potato cakes with it, fried in the dripping, or accompany it with bread steaks or corn pancakes.

2. Remove rind from a rasher and then chop and fry it. Pour it with the fat over a scrambled egg on toast, or cook a one-egg omelet in the bacon and dripping, or add bacon to a scrambled egg when beginning to thicken.

3. Allow 1 rasher per person and  $\frac{1}{2}$  a sheep's kidney. Roll the rasher round the half kidney, seasoned to taste. Run on skewers and grill for 6 or 7 minutes. Serve on fried bread or toast moistened with bacon fat.

4. On cold mornings, chop a rasher per person. Fry till crisp, and pour over boiled dough-balls, allowing 2 dough-balls per person.

5. Fry 2 oz. of sliced sheep's liver, dipped in seasoned flour in the bacon fat from a fried rasher. Garnish with bacon. Serve with crisp toast. Enough for 1 person.

6. Remove rind from a rasher. Divide rasher in two. Fold each half round a piece of seasoned chicken liver, or walnut of pork sausage meat, and fry in covered pan till

filling is cooked, then uncover and cook till crisp. Enough for 1 person.

NOTE.—If some members of your family breakfast only on fruit, coffee or tea, toast and butter and honey or marmalade, you can augment the bacon ration of the others with the allowance of bacon not used, or keep it for turning into a savoury, such as Angels on Horseback, Fried Roes or Mushrooms on Toast, garnished with crisp strips of fried bacon. The savoury then becomes a substantial dish.

#### STRETCHING THE BUTTER RATION

Before serving, beat the butter or margarine with a wooden spoon, adding 2 tablespoons of boiling water to each  $\frac{1}{4}$  lb. Shape into a block. Don't waste any by making it into balls. Just ornament blocks with butter hands. It is a wise plan to divide the weekly ration into daily portions.

#### Treatment for Butter.

$\frac{1}{4}$ lb. Butter or Margarine.		1 teaspoon Cornflour.
$\frac{1}{2}$ pint Milk.		$\frac{1}{4}$ teaspoon Salt.

Mix the cornflour with a tablespoon of the milk. Bring the remainder of the milk to the boil. Stir in the creamed cornflour. Stir till boiling, and boil for 2 minutes, stirring constantly. Remove from stove. Allow to cool for a few minutes. Cut the butter or margarine into small pieces. Add a little of it at a time, stirring constantly until all the butter is added, and the mixture is smooth and creamy. Stir in the salt. Pour into a basin or jar. Cover to keep out the dust, and stand in a cool place till set.

NOTE.—You can, if you like, add a beaten egg to the milk and cornflour, and so get a richer mixture.

#### TO KEEP BUTTER OR MARGARINE COOL AND FIRM

You can do it this way. Place the butter or margarine in a dish. Stand in a basin containing cold water coming half-way up the sides. Place a flower-pot over the top and lay over it a clean, soaking-wet cloth, allowing the corners to drip into the water. Add more water when required. Place on a stone floor or in the coolest place available.

Just before removing butter from paper in hot weather,



drop packet into cold water for a few moments. The butter will then come away clean from the paper.

#### TO PRESERVE BUTTER FOR WINTER USE

Break up the butter, then mash thoroughly in cold water in order to extract all the buttermilk. Squeeze the water out. Add salt in the proportion of  $\frac{1}{4}$  lb. to  $6\frac{1}{2}$  lb. butter. Press down some of the butter in a 2-3-inch layer into an earthenware jar and cover with a layer of kitchen salt, then put on another layer of butter, and so on, till it is all potted, finishing with a thick layer of salt. This must all be pressed down very tightly so that there are no air bubbles. Cover with a small piece of butter muslin, boiled and dried, or with waxed paper and then a linen cloth. Butter treated in this way will keep for use during the winter. Wash before using to clear of salt.

#### TO TREAT COCOA BUTTER

The strong flavour and smell of cocoa butter can be removed by either of the two following methods :

1. Put nearly  $\frac{1}{2}$  pint of lime-water (obtainable at any chemist's) into a saucepan with  $\frac{1}{4}$  lb. cocoa butter, and bring to the boil, stirring well. This forms a frothy emulsion. Stir well and boil for a few seconds ; then add  $\frac{1}{2}$  a pint of plain water. Boil again and stand aside to cool and set, when the butter can be easily removed from the saucepan by running a knife round the sides. After this treatment the cocoa butter is white and nearly free from cocoa flavour. It weighs three times its original weight because it absorbs nearly twice its own weight of water. It is much softer, and is easy to use in puddings and pastry.

2. Heat the butter in a shallow frying-pan to a temperature of  $370^{\circ}$  F., when a white smoke will be seen. Keep the fat at this temperature for 5 minutes. Cool and leave to set. After treating the cocoa butter in this way there should be no flavour of cocoa ; probably a tallow taste will remain, but it will not be noticeable in dishes made with this fat.

For cooking purposes the simplest way to use cocoa butter is to grate it in the same way as suet. Cocoa butter pre-

pared by the second method described above is excellent for puddings and savoury dishes ; but if it is used for pastry, a rather hard result is obtained.

### To Make Potato Butter

$\frac{1}{2}$  lb. Butter | 1 teaspoon Salt. |  $\frac{1}{2}$  lb. cold Mashed Potato.

Beat the butter or margarine to a cream in a basin with a wooden spoon. Gradually beat in the potato. Add the salt. Mix well and form into a neat pat with butter hands.

### To Make Semolina Butter

$\frac{1}{2}$  lb. Butter or Margarine.      1 oz. Semolina.  
 $\frac{1}{2}$  pint Milk.                       $\frac{1}{2}$  teaspoon Salt.

Bring the milk to the boil in a saucepan. Sprinkle in the semolina. Stir well until the mixture thickens, and is quite cooked in about 5 minutes. Stir in the salt. Leave till cool. Beat the butter or margarine to a cream in a basin, then stir in the cooled semolina. Leave till quite cold, then shape with butter hands and serve as required.

## SUBSTITUTES IN COOKERY

**BUTTER.**—Substitute lard, liquid and salt in the proportions of 7 oz. lard, 2 tablespoons of liquid and  $\frac{1}{2}$  teaspoon salt to  $\frac{1}{2}$  lb. butter when making biscuits, cakes or pastries. Nut butter is a useful substitute for cooking purposes.

**CELERY.**—Flavour with celery salt. If celery is required for a green salad, substitute shredded cabbage heart flavoured with celery salt. If for potato salad, substitute diced, drained cucumber, flavoured with celery salt.

**CHOCOLATE.**—Substitute 3 level tablespoons cocoa and 1 level tablespoon margarine for each ounce of chocolate.

**CORNFLOUR.**—Substitute 2 tablespoons flour for 1 tablespoon cornflour.

**EGGS.**—1. Add for each egg omitted  $\frac{1}{2}$  oz. margarine, 2 tablespoons flour, 2 tablespoons water, milk or stock, and  $\frac{1}{2}$  teaspoon baking powder.

2. If required for binding purposes, use instead flour mixed to a smooth batter with water. This mixture, with

a pinch of baking soda, can also be used instead of egg and breadcrumbs for coating foods to be fried.

8. Dried eggs can be used instead of fresh eggs for all purposes except boiling. But remember they require soaking for some hours before using.

4. Egg powders can be used in cakes and puddings.

5. Use 1 egg and 1 dessertspoon vinegar for every 3 eggs given in a cake recipe. The cake will then be light and "short," instead of having the tough consistency often caused by using too few eggs.

FLOUR.—When needed for steamed or boiled puddings,  $1\frac{1}{2}$  cups dried breadcrumbs can be substituted for every cup of flour required. When required for meat loaves, use 1 cup of cooked oatmeal for  $1\frac{1}{2}$  oz. flour and about  $\frac{1}{4}$  pint liquid.

MILK.—Substitute an equal quantity of canned milk and water, smoothly blended.

ONION.—Use onion salt, sold in bottles.

SUGAR.—1. Use honey or golden syrup for sweetening puddings, etc. If using honey, allow 1 cup of honey for every cup of sugar mentioned in recipe, but use 3 tablespoons less liquid than is given and a pinch less baking soda, if given. If using syrup, allow 1 cup syrup for every  $\frac{1}{2}$  cup sugar, but use  $\frac{1}{4}$  cup less liquid than originally given.

2. When making steamed fruit puddings, instead of using the usual amount of currants or sultanas, use only half and substitute chopped, stoned dates for the other half. You will then need only half the usual amount of sugar.

3. To save sugar when stewing fruit, bring fruit and water to the boil, add a good pinch of baking soda, and let it effervesce. Skim and sweeten to taste. Much less sugar will be required than usual.

TOMATO SAUCE.—Instead of fresh tomato sauce, use canned tomato soup, heated and seasoned to taste.

### TO COOK MORE CHEAPLY

There are many ways of cooking meals economically. Let me give you one or two suggestions :

1. Serve regularly meals cooked in a high-pressure or waterless cooker, in a fireless cooker, or in a three-tiered steamer, as well as an oven meal, such as a casserole of

chicken, meat or rabbit, scalloped potatoes and a baked milk pudding. The waterless cooker or steamer cooks over a single oil burner, electric hot plate or gas-ring.

2. If catering for a small or medium-sized family, use half-moon pans. This means 2 pans can be used on one oil burner, electric hot plate or gas-ring.

3. You can keep several pots simmering on one gas-burner or ring, once they are brought to the boil, by standing them on the browning sheet from the oven.

4. If you have any space available in your oven when roasting, put in a saucepan or casserole of foods requiring slow cooking that would otherwise be occupying a burner to itself. Fruit is improved by stewing slowly in the oven; beans, lentils, etc., once they have boiled, can be finished off there, or a stew, hot pot or curry can be started for the next day's dinner.

5. If you do not want to light the oven purposely to cook a joint, or if for any reason an oven is not available, roast the joint in a strong saucepan, preferably iron. The saucepan should have a tightly-fitting lid, and the meat must be turned over when it is browned on one side. Melt a little dripping in the saucepan before putting in the meat or bird. Old fowls and cheaper cuts of meat are far more tender and nourishing cooked this way than in an oven.

#### TO SAVE COAL

1. Place all old papers, newspapers, bags and wrappings as well as pasteboard boxes in water. When pulpy, squeeze into tight balls, the size of your fist, and roll in coal dust. Use them for stoking after you've got a good fire going.

#### TO SAVE ELECTRICITY

1. Use utensils which cover the whole surface of an electric boiling-plate. If they don't, a certain amount of heat is wasted. They should be specially made for using on hot plates, of thick aluminium, cast-iron, copper, seamless nickel or steel.

2. Place utensils on boiling plates before switching on.

3. Don't boil small quantities of water in a kettle on a boiling plate. Use an electric kettle.

4. When counting time required for cooking or baking, remember that the enclosed boiling plate will continue boiling operations for about 10 minutes after switching off, and that you can continue to bake in oven from 20 to 30 minutes after switching off.

5. Always arrange the shelves in position in oven before switching on current.

#### TO SAVE GAS

1. Don't leave a gas-ring lit when not in use.

2. Always turn the gas off before removing a pan or kettle from ring or burner.

3. See that all pans and kettle are kept spotlessly clean below, and keep kettle free from deposit inside.

4. Remember that a gas oven usually retains its heat from 8 to 10 minutes after the gas has been turned off, so it's possible to finish cooking milk puddings and many other baked foods without any gas at all.

5. Buy a gas radiator which will enable you to boil 2 saucepans or kettles on one gas-ring.

#### TO USE A HIGH-PRESSURE COOKER

A high-pressure cooker is the greatest of fuel-savers. A single course or a three-course meal of soup, roast meat, vegetable purée, etc., can be prepared in these cookers in a minimum of time. With most cookers you place the food inside, adjust the lid, set the indicator, bring to the boil, and wait till the whistle blows, when you remove cooker from stove, and let it stand for the same length of time that it has been over the heat. This is important. Now remove the lid, and dish up.

#### TO USE A WATERLESS COOKER

This is a wonderful cooker. In one of these cookers a three-course meal, such as soup, roast beef, potatoes and turnips, and any steamed pudding can be cooked without watching.

You can use these cookers for bottling, preserving, roasting, steaming or boiling, or baking cakes, etc.

Instructions are given with each cooker.

## COOKING WITHOUT FIRE

This is a slow method of cookery you can follow either with the help of dry sweet hay, or newspaper balls. Before starting to make a fireless cooker, decide on the size you want. Unless living alone, I would advise you to make one that will take 2 pans of the same size, but if living alone a cooker to hold one cooking vessel may be large enough. Here are two ways of making a fireless cooker :

### TO MAKE A HAY BOX

1. Choose an oblong box large enough to take the number of pans or deep casseroles you mean to use, and ample hay padding round them. An old packing-case will do if you haven't a box with a hinged lid.

2. Line the box smoothly with 3 or 4 newspapers, that is with anything from 15 to 20 layers of newspapers, and fasten papers in place with drawing-pins. Then pack it tightly over the bottom with a 5-inch layer of dry sweet hay. Now make a mattress the size of the interior of the cooker and fill it with dry sweet hay.

Choose cooking pans with short handles, made of aluminium or enamel, or you can use casseroles of fireproof china or glass so long as you have asbestos mats to put under them when heating them on the stove.

4. To prepare food successfully in a hay box, the pans containing food must be as full as possible, and the food should be really boiling when the pans are covered and slipped into the box. Pack dry sweet hay about 4 inches thick closely and tightly round the sides of the pans.

5. Lay hay mattress on top, and press it firmly down on pans, then cover with the lid of the box. If it doesn't fasten down, weight it down.

### TO MAKE A FIRELESS COOKER WITH NEWSPAPER BALLS

1. Take a large wooden butter tub, or any box with a cover. Now cut newspapers into large squares, then crumble them into hard balls. You need these for padding. Next take a large saucepan with straight sides, a closely-fitted cover and no handle, and a pan, also with straight sides and

a closely fitted cover, a size larger. You also need an old flour sack or any piece of cloth that will do for making a pillow-case to fit the top of the outside pan. The box or tub must be large enough to allow of 2 or 3 inches of space for padding, not only at the bottom, but on the top and around the sides of the large pan.

2. Pack the paper balls solidly 3 inches deep in the bottom of the box or tub. Place the large pan on the top, exactly in the middle, then slip the smaller pan inside the large one. Cover the small pan, then the large one. Now make a pillow or case to fit the top of the box or tub and fill it with hay or paper balls, then pack hay or paper balls solidly in the space around the large pan, and cover pan with the case or pillow filled with hay or paper balls.

#### TO USE A FIRELESS COOKER

Place the food in the small pan. Bring it to the boiling point on the stove. Cover tightly, then slip into larger pan. Cover and place prepared pillow on top.

**SOUPS.**—Prepare in the usual way. Simmer for 20 minutes on the stove. Cook in fireless cooker for 6 hours or overnight. Add vegetables to flavour. Cook vegetables to flavour for 5 minutes on stove, then add to soup and leave in fireless cooker for 3 or 4 hours.

**TO ROAST MEATS.**—Place meat on a trivet in a baking tin. Brown in a hot oven for  $\frac{1}{2}$  an hour. Place in a saucepan, then into the outer pan, half-filled with boiling water. Cover both pans. Cook on the stove till the meat is warmed through, then cook in cooker from 3 to 5 hours, depending on whether you like the meat rare or well done.

**TOPSIDE OF BEEF.**—Melt 2 oz. of shredded suet or dripping in a large saucepan. Add 5 lb. topside and brown well all over, then remove to the inner food pan of cooker. Add  $\frac{1}{2}$  teaspoon salt. Cover with boiling water, then with the lid. Simmer for  $\frac{1}{2}$  an hour on a stove, then without uncovering, place in outer pan on the cooker. Cover in usual way and cook for 4 to 5 hours. Uncover. Pour a little of the liquor in the meat pan into the pan in which the meat was browned. Add meat. Cook for 5 or 6 minutes on a

range, turning once or twice. Thicken gravy and serve.

**TO STEW.**—Cut meat into suitable pieces, then dip in seasoned flour. Fry in a little smoking hot dripping till brown on both sides. Cover with boiling water. Stew slowly for 20 minutes until meat is heated through, then bring to boil. Boil quickly for 5 minutes. Cover. Place at once in fireless cooker. Leave overnight. Remove from cooker and add vegetables to taste. Stew on stove for 5 minutes. Return to cooker and leave for 3 or 4 hours. If serving without vegetables, remove pan to stove, and simmer for 5 minutes before serving.

**TO MAKE A MILK PUDDING.**—Sprinkle 2 ozs. of ground rice or semolina into 1 pint boiling milk. Stir over stove till clear. Add 1 oz. sugar, a pinch of salt and  $\frac{1}{2}$  teaspoon vanilla essence. Bring to full boil. Place in cooker for 2 to 3 hours. If making it with rice, rinse 2 oz. of rice in a colander under the cold water tap. Cook in  $\frac{1}{2}$  pint boiling water till the water is absorbed. Add  $\frac{1}{2}$  oz. shredded suet, 1 oz. sugar, and 1 pint boiling milk, and stir till boiling, then add  $\frac{1}{2}$  teaspoon vanilla essence. Bring to the boil. Cover and place in cooker for 2 to 3 hours.

**TO COOK DRIED FRUIT.**—Rinse, and drain  $\frac{1}{2}$  lb. dried fruit. Cover with 1 quart water. Soak overnight. Turn fruit and water into cooker pan. Add 1 oz. sugar, using castor, loaf or granulated for apricots and figs, and brown for prunes. Bring slowly to boil. Boil 5 minutes. Place in cooker for 3 to 4 hours.

#### HINTS ON FIRELESS COOKERY

1. Bring all the food to a full rolling boil before covering and putting in cooker.
2. Quickly transfer the pan from stove to cooker.
3. Don't open cooker till time is up.
4. Always re-heat food in pan on stove before serving.
5. If you want to cook only a small quantity of food in cooker, place it in a covered basin in the inner pan, which should be half-full of boiling water.
6. If using only one pan, fill the other with boiling water. It helps to conserve the heat, and can be used for washing up.



## SIMPLE ONE-POT COOKERY

You don't need to buy any special equipment for simple one-pot cookery. Just use a large saucepan, or a fish kettle or preserving pan, and beg, borrow or steal some jam jars with straight sides, and no necks if you haven't room in your pot for any kind of fireproof dish with a cover that would do for the purpose. If you haven't got enough jam jars, you can even cook pudding in an old table salt tin, or in a baking powder tin, if you like. Any large tin will hold a pudding for 4 or 5 persons, or you can make individual ones, which will sometimes fit in with your meat better than a large one, in greased baking powder tins.

## TIER-STEAMER COOKERY

Given a three-tiered steamer, steamed meals are easier to prepare than if you have to make do with the pot and jam jars I've just described. Here is a menu for a complete dinner for 4 persons in a tiered steamer:

Chicken.	Parsley Sauce.
Steamed Potatoes.	Steamed Cauliflower.
Canary Pudding.	Apricot Sauce.

Half-fill the bottom compartment with boiling water, and keep a kettle of boiling water on the side so that the steamer can be replenished with boiling water by the spout without taking off either the lid or tiers.

Grease each compartment. Place peeled potatoes in the first, prepared cauliflower in the second, and chicken in the third. Season the chicken to taste. Dab with bacon fat or margarine. Cover and steam, according to age.

Prepare the pudding and put into a greased basin, covering with greased paper. Place in the bottom compartment of the steamer and leave for 1 hour.

NOTE.—Chop and place any remainder of chicken in a basin. In hot weather, make it into chicken brawn with some aspic jelly prepared from a packet. In cold weather, add white sauce to taste, and a few canned peas. Heat in a pan. Pile into hot pastry cases. Serve for high tea.

## YOUR STORE CUPBOARD

A well-stocked store cupboard is the housewife's first line of defence. To make the most of home-grown foods by bottling and preserving them when they're plentiful and cheap is not only patriotic, it's sheer common sense, and will save you much money and possibly some anxiety in times of emergency. From time to time a little extra may be added to the sugar ration which will enable housewives to turn any surplus fruit into jams and preserves. But even if you can't get all the sugar you are in the habit of using, there are ways and means round the problem. Let me give you some sugar-saving tips, for when you're making jam, etc.

## PRESERVES WHEN SUGAR IS SHORT

TO MAKE WITH GLUCOSE.—To each pound of fruit, allow  $\frac{1}{2}$  lb. sugar and  $\frac{1}{4}$  lb. glucose. Prepare fruit. Place in pan with amount of water necessary, if water is required. Bring to boil. Simmer gently till fruit is soft. Add sugar and glucose. Stir till sugar is melted. Bring to boil. Boil till a little sets when tested on a cold dish. Skim. Pot and seal.

TO MAKE WITH HONEY OR SYRUP.—Allow  $\frac{3}{4}$  lb. clear honey or golden syrup to each prepared pound of fruit. When fruit is soft, add the honey or syrup. Stir till boiling. Boil quickly, skimming frequently, till jam sets when tested.

TO MAKE WITH SALT.—Allow  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  lb. sugar to each pound of fruit. Boil fruit till soft. Add salt and sugar. Boil till jam becomes thick. Pot and seal.

NOTE.—If preserves made with honey, syrup or salt don't thicken to your satisfaction, add for every pound of fruit used  $\frac{1}{2}$  oz. small tapioca, soaked overnight in cold water to cover, after adding salt and sugar.

## TWO WAYS OF PRESERVING EGGS

Buy eggs when they are at their cheapest during the summer months and store them for the winter. To do this, you must put them in a solution of water-glass, which you can buy from any chemist with full instructions for use. It is, of course, essential to choose only the best and freshest eggs for this purpose. Wipe all eggs not absolutely clean

with a rag dipped in vinegar, then dry. Place them in stone jars, and when you have dissolved the water-glass according to instructions and allowed it to become quite cold, pour it over the eggs. Cover them closely. Eggs left in this solution should keep fresh for months, but it is most important to examine them at intervals to see that the solution has not evaporated, as it is inclined to do. If any eggs are left uncovered they will go bad, so fresh, cold solution must be added at the first signs of evaporation.

If you keep poultry, and can treat the eggs as they come from the nest while they're still warm, you can preserve them by coating with oil, lard or similar fat and keeping them in layers with bran between. The eggs must on no account touch each other, and must have a thick covering of bran on each row. Re-coat with fat every 6 weeks.

#### HOW TO USE CANNED FOODS

There's no doubt that useful as canned foods are in ordinary times, in war-time they will have an even bigger place in the larder. There are a few points to remember, however, if you want your canned meals to be a success.

1. Don't try to "economise" by buying cheap brands of doubtful origin. Buy only the products of reputable firms, and follow their instructions for using implicitly.

2. Never buy a dented or bulging can, or one with the wrapper peeling off. Properly prepared tins show slightly concave ends.

3. Buy sizes according to the number of people for whom the meal is required, or you will always be having little drops of this and little bits of that left over. Consider, for instance, whether 2 large tins of your favourite brand of soup is not a better proposition for 3 people than 3 small ones.

4. *Never leave any food in a can after opening it.* Turn out into glass jars immediately, and cover, if not required for use at once.

5. Don't heat soups, vegetables, etc., in the cans. Turn out into a saucepan. Pour off water from vegetables and add fresh, or heat in melted margarine, dripping or in sauce. Some vegetables, such as green peas, require well rinsing before use.

6. Don't pack a supply of canned goods into your store cupboard and expect them to remain fresh for ever without further attention. It is unreasonable to expect canned food to keep longer than six months, and you should arrange to replace your stores at least once during this period. In addition the cans themselves should be turned over about once a fortnight so that the oil, syrup, or other liquid, is regularly moved about inside them.

Canned vegetables, fruit, etc., can be used as substitutes in recipes whenever the fresh ingredient is not available, provided these instructions are followed.

## SIX EMERGENCY WAR-TIME RECIPES

### Bread from Flour and Potatoes

7 lb. Flour.  
1½ oz. Salt.  
2 oz. Yeast.

2½ pints water.  
1½ lb. Boiled, Strained,  
Mashed Potatoes.

Put flour, salt, and potatoes into a bowl and mix well. Heat up to 82°, dissolve yeast in the 2½ pints water, which should be at a temperature of 90°, and add to the flour, etc.

Mix well and knead for 10 minutes; cover up, place on a table free from draughts for 1½ hours, then knead again and cover up for 1 hour more. Scale off or divide into equal-sized pieces. Mould into shape required, and place into slightly-warmed and greased tins. Allow to rise for 30 minutes before setting into oven. Bake at a temperature of 420°. 1 lb. loaves will bake in 30 minutes; 2 lb. loaves will bake in 50 minutes.

NOTE.—The quantity of potatoes used can be increased to taste, up to a maximum of 1 lb.

### An Eggless, Fatless, Cake

4 cups Flour.  
1 cup Chopped Walnuts.  
1 good cup Milk.

1 cup Sugar.  
4 teaspoons Baking Powder.  
1 good pinch Salt.

Mix flour, sugar and chopped walnuts together. Add salt and baking powder, then the milk. It should be slightly wetter than an ordinary cake mixture. Leave to rise for 10 minutes. Bake in a slow oven till risen and brown.

## Bully Omelet

1 oz. Cornflour.  
 $\frac{1}{2}$  teacupful of Milk.  
 Pepper and Salt.

2 dried Eggs.  
 $\frac{1}{2}$  teaspoon-made Mustard.  
 $\frac{1}{2}$  oz. Margarine.

2 tablespoons Bully Beef.

*For 2 persons.* Mix cornflour to a smooth paste with a little of the milk. Stir in remainder of milk, and the dried eggs which have been soaked for some hours. Season, and add lastly the bully beef, finely chopped. Melt margarine in a frying-pan and, when hot, pour in mixture. Stir lightly for a few seconds, then shake pan gently over fire till mixture is brown underneath. Brown under grill. Double over, and serve on a hot plate.

## Sugarless Date Jam

2 lb. Dates.

1 quart Cold Water.  
 1 packet Lemon Jelly.

Stone and chop the dates. Boil in water till tender. Add the chopped jelly. Boil 15 minutes. Pot and seal.

NOTE.—If liked, add  $\frac{1}{4}$  lb. preserved ginger at the same time as the jelly.

## Emergency Salad Cream

1 small tin Condensed Milk.  
 1 cup Vinegar.

2 tablespoons Salad Oil.  
 Pepper, Salt, Mustard.

Turn milk into a basin. Mix in vinegar and oil alternately till all are used up. Season to taste with pepper, salt, and French or English mustard diluted with water. This cream makes a good substitute for mayonnaise.

## To Make Shortcrust with Nut Butter

$\frac{1}{2}$  lb. Flour.  
 Pinch of Salt.

$\frac{1}{2}$  lb. Nut Butter.  
 Cold Water as required.

Sift flour and salt into a basin. Rub in the nut butter till the tiniest bit has been incorporated with the flour. Gradually stir in cold water to give you a stiff paste. (If a sweet pastry is wanted, stir in 1 tablespoon castor sugar before the water.) Turn on to a lightly-floured board. Roll out and use as required. If any is left over, wrap it in greased paper. Store in a cool place till next day.

# INDEX AND PRONOUNCING GLOSSARY

**T**HE housewife who is faced with the problem of left-over food is advised first to look at the entry for that food in the index. Thus under "Ham, left-over" will be found references to a number of recipes in which the ham might be used. Cross references printed in small capitals refer only to the index entries.

**THE PRONOUNCING GLOSSARY.**—Where the pronunciation of proper names and technical terms is not immediately understood from the spelling, or where the spelling may be misleading, a separate pronunciation is given after the first index entry. In simple cases a hint may be considered sufficient; in all doubtful cases a complete phonetic re-spelling is given. The word is broken into syllables as it is spoken, and an accent mark (') follows the syllable on which the stress is placed. The notation used for the phonetic re-spelling is as follows:

ā mate	a pat	é there	th thin
ē mete	e pet	ā father	th thine
i mīte	i pit	e her	zh leisure
ō mote	o pot	aw awl	ch church
ū mute	u nut	oi oil	g get
oo boot	oo foot	ow owl	j jam

The French nasalised *n* is denoted by italicising the vowel and the nasal concerned, thus: *un, bon, vin*. The German modified *ö* and the similar French sounds are denoted by *oe*, the German soft *ch* and *g* by *ch*, and the guttural *ch* (as in Scots "loch") by *CH*. The French *u* and the German modified *ü* are indicated by *ü*.

- ABERNETHY BISCUITS** (ab-er-neth'i), 315.
- Almond hardbake, 334.
- paste, 325, 331.
- Almonds, devilled, 76.
- grilled, 335.
- salted, 75.
- Amber cream, 239.
- cup, 361.
- marmalade, 339.
- American frosting, *see* White Mountain Cream, 327.
- Anchovies (an'chō-viz), 72-3.
- Anchovy butter, 59.
- croûtes (krōöt), 294.
- sauce, 45.
- titbits, 76.
- Angels on horseback, 293-4.
- Aperitifs (ap-er'it-ēf), relishes for, 75.
- Appetisers, 66-77, *facing p.* 64-5.
- Apple betty, 260-1.
- cheese, 339.
- chutnev, 353.
- compôte (kom'pôt), 277.
- crab, jelly, 341.
- curd, 322.
- dumplings, baked, 262.
- flan, *see* Gooseberry Flan, 250.
- fritters, 257.
- meringue (mer-ang'), 261-2.
- purée (pūr-ā'), 143, 277, 353.
- sauce, 52, 353.
- stuffing, 106.
- tart, German, 248.
- Apples, baked, 261, 276.
- caramelised, 352-3.

- Apples, golden custard, 262.  
 — to bottle, 347, 349.  
 — to serve, 241.  
 Apricot jam, dried, 340.  
 — fritters, 257.  
 — rice, 262.  
 Apricots, to bottle, 347, 349.  
 Arrowroot pudding, 269.  
 Artichoke chips, 220-1.  
 Artichokes, globe, 19, 59-60, 209-10.  
 — to cook, 209.  
 — Jerusalem, cream soup of, 94-5.  
 — to cook, 19, 210.  
 Asparagus salad, 232.  
 — soup, 85.  
 — to bottle, 350.  
 — to choose, 19.  
 — to cook, 210, facing p. 224.  
 Aspic jelly, *see* Aspic of Game, 206.  
 Athole soufflé (sōō'flā), 283.  
 Aubergine (ō'ber-zhēn), 20, 210.
- BACKWOODS PIE, 245.**  
 Bacon and potato salad, 232-3.  
 — rolls, to make, 25.  
 — stuffing, 107.  
 — to boil, 163.  
 — to fry, 37, 40.  
 — to grill, 36, 165.  
 Bakewell tart, 245.  
 Baking powder, 14.  
 — soda, 14.  
 Banana and cabbage salad, 233.  
 — and meat loaf, 58.  
 — fritters, 257.  
 — mousse (mōōs), 281-2.  
 Bananas, to serve, 241.  
 Banbury puffs, 245-6.  
 Bannock, Pitcaithly (pit-kāth'li), 317.  
 Bard, to, 26.  
 Barley cream soup, 95.  
 — pudding, 268.  
 Baste, to, 26.  
 Batter, for frying, 26, 113.  
 Beans, baked, 73.  
 — broad, creamed, 221.  
 — broad, to cook, 210-1.  
 — French, to bottle, 350.  
 — haricot, purée of, 95.  
 — runner, to bottle, 350.  
 — to cook, 211.  
 Bearnaise (bēr-nāz') sauce, 50.  
 Beat, to, 26.  
 Beauty salad, 233.  
 Béchamel (bēsh-am-el') sauce, 43-4.  
 Beef, 169-78.  
 — boiled, 163, 169-70.  
 — bouillon (bōō'yōn), 83.  
 — braised, 170.  
 — broth, 86.  
 Beef, cuts of, 16-18.  
 — olives, 173.  
 — relishes, 352.  
 — roast, 167, 172.  
 — salt, 65, 163, 169-70.  
 — shin of, stewed, 173-4.  
 — soups, clear, 82-4.  
 — tea for invalids, 84.  
 — to carve, 172, 372.  
 (See also STEAK and MEAT).  
 Beetroot and onion salad, 73.  
 — leaves, boiled, 220.  
 — pickled, 354.  
 — to bottle, 350.  
 — to cook, 211-2.  
 Berries, to bottle, 347, 349.  
 — to serve, 241.  
 Berry Bavares (bā-vār-wā'), 282.  
 — sauce, 282.  
 Betties, fruit, 260-1.  
 Beverages, 359-69.  
 Birthday cake, 327.  
 Biscuits, 313-9.  
 — glacés (glās'ā), 286.  
 — to store, 21.  
 Black butter, 59.  
 — — sauce, 47.  
 — sheep toffee, 334-5.  
 Blackberries, spiced, 355.  
 Blackberry cheese, 339.  
 — cobbler, 263.  
 — jam, 338.  
 — jelly, 340.  
 Blackcock, to carve, 371.  
 — to roast, 143, 144.  
 — to truss, 140.  
 Blackcurrant jam, 338, 340.  
 Blackcurrants, to bottle, 347.  
 Blanch, to, 24.  
 Blancmange (bla-manzh'), 278, 286.  
 Bloater cream rolls, 303.  
 Bloaters, devilled, 131.  
 Bombes (bom), 286.  
 Bone stock, 80.  
 Borage (bur'āj), 34, 212.  
 Boston cream, 368.  
 Bottling, 346-50.  
 Bouillon (bōō'yōn), 82-3.  
 Bouquet-Garni (bōō'kā gar'nē), 25.  
 Brandy butter, *see* Hard Sauce, 55.  
 Brawn, 207.  
 Bread, 305-12.  
 — garnishes, 104.  
 — puddings, 263.  
 — sauce, 47.  
 — to choose and store, 21.  
 Breadcrumbs, fried, 25, 114.  
 — to make, 25.  
 Breakfast dishes, 36-40.  
 Bream, to cook, 115-6.

- Bricks, ice, 286.  
 Brill, to cook, 116.  
 Brisling, 72-3.  
 Broccoli, to cook, 212.  
 Bronx cocktail, 369.  
 Broths, 83, 86-94.  
 — Italian, 87-8.  
 — meat and vegetable, 88-94.  
 — simple, 86-8.  
 Brown bread, 307-8.  
 — dinner rolls, 308.  
 — sauce, 44.  
 — soup, 90.  
 — stock, 80, 82.  
 Browning, to make, 25.  
 Brussels sprouts, to cook, 212.  
 Bubble and Squeak, 65.  
 Buffet refreshments, 13.  
 Butter, icing, 326-7.  
 — sauces, 47-8, 187.  
 — tartlets, Canadian, 250.  
 — to clarify, 24.  
 Buttermilk custard, 275-6.  
 Butters, for sandwiches, 300.  
 — savoury, 48, 55, 116, 187, 213, 300.  
 — sweet, 342.  
 Butterscotch flan, 250-1.  
 — pudding, 264.  
 — sauce, 54, 290.
- CABBAGE BLANKETS, 63-4.**  
 — heart salad, 233.  
 — left-over, recipe for using, *see*  
     Bubble and Squeak, 65.  
 — red, 213.  
 — — pickled, 354.  
 — to cook, 212-3, 221.  
 — to varv, 213.  
 Cakes, 313-31.  
 — fillings for, 322-4.  
 — icings for, 324-7.  
 — large, 327-31.  
 — layer, 319-22.  
 — small, 315-9.  
 Calf's brain, baked, 182.  
 — — fried, 182.  
 — — fritters, 60.  
 — head, 163, 182.  
 Canapes (ka-na-pā'), 294-7, 302.  
 — Italian, 76.  
 Candies, 332-6.  
 Candy, how to, 344-5.  
 Cantaloupe (kan'ta-lōp), 69.  
 Caper (kā'per) sauce, 45.  
 Capercailzie (ka-per-kāl'yi), to cook,  
     143-5.  
 — to truss, 140.  
 Capon (kā'pun), roast, 154.  
 Caramel cream, 275.  
 — custard, 276.  
 Caramel, filling, 322-3.  
 — fudge, 333.  
 — icing, 325.  
 — liquid, to make, 25.  
 — sauce, 54.  
 Caramels, chocolate, 335.  
 Carp, fried, 117.  
 Carrot soups, 88, 95-6.  
 Carrots, baked, 221.  
 — farmhouse style, 221.  
 — to bottle, 350.  
 — to cook, 213.  
 Carve, how to, 370-2.  
 Casserole (kass'er-ol) cookery, 158-9,  
     168-9, 179, 185, 191, 198.  
 Catering, hints on, 11-14.  
 Catsups, 356-7.  
 Cauliflower cream soup, 96.  
 — pickled, 354.  
 — Polish fashion, 222.  
 — to bottle, 349-50.  
 — to cook, 213.  
 — with crumb butter, 213.  
 Celeriac (sel-er'i-ak), 19, 213-4.  
 Celery and potato salad, 233-4.  
 — cream soup, 96.  
 — salad, 73.  
 — sauces, 45, 47.  
 — stalks, stuffed, 77.  
 — stewed, 222.  
 — to bottle, 350.  
 — to cook, 214.  
 — to serve, 298.  
 Celestine (sāl-es'tēn) soup, clear, 85.  
 Charlotte russe (shar'ot russ), 284-5.  
 Chaudfroid (shō'frwa) sauce, 51.  
 Cheese and finnan puffs, 297.  
 — and pimento sandwiches, 303.  
 — croquettes (kro-ket'), 296.  
 — custard, 103.  
 — fritters, 296.  
 — paste, 295.  
 — rarebit, 295.  
 — salad, 235.  
 — sauce, 49.  
 — soufflé (sōōf'lā), 296.  
 — straws, 297.  
 — to serve, 298.  
 Cheesecakes, 246-7.  
 Chelsea buns, 271.  
 — pudding, 308.  
 Cherries, to bottle, 347, 349.  
 — to serve, 241.  
 Cherry cake, 327-8.  
 — flan, *see* Gooseberry Flan, 250.  
 — jam, 340, 344.  
 — pudding, 271.  
 Chervil (cher'vil), 34, 214.  
 Chestnut cream soup, 97.  
 — purée (pūr-ā'), 171-2.



- Chestnuts, to devil, 77.  
 Chicken, boiled, to use up, 156.  
 — bouillon (bōō'yōn), 83.  
 — broth, 86, 88-9.  
 — casserole (kass'er-ōl), 157.  
 — cream soup, 97.  
 — curry, 201.  
 — fried, 157.  
 — galantine, 204-5.  
 — grilled, 157.  
 — left-over, recipes for using, *see*  
   chicken curry, 201.  
   — risotto (riz-ot'o), 156.  
   — loaf, 156.  
 — loaf, 156.  
 — Maryland, 157-8.  
 — risotto (riz-ot'o), 156.  
 — roast, 154-5.  
 — salad, 234.  
 — sauce, 51.  
 — to carve, 370-1.  
 — to choose, 18, 155.  
 Chicory, to choose and store, 19.  
 — to cook, 214, 222.  
 Chilli sauce, 354.  
 China punch, 362.  
 Chives (chivz) butter, 300.  
 — to choose and store, 20.  
 — to use, 34, 215.  
 Chocolate biscuits, 315.  
 — cakes, 315.  
 — caramels, 335.  
 — cream roll, 264.  
 — filling, 323.  
 — fudge, 334.  
 — ice cream, 290.  
 — icing, 325.  
 — layer cake, 320.  
 — macaroons, 315.  
 — moulds, 278, 283.  
 — nectar, 360.  
 — sauce, 53, 290.  
 — sponge roll, 320.  
 — to make, 360.  
 — whipped cream, 53.  
 Choice of foods, 14-24.  
 Chop suey (chop sūō'i), Chinese,  
   196.  
 Chops, lamb, 165, 189.  
 — mutton, 165, 186-7.  
 — pork, 192-3.  
 Choux (shōō) pastry, *see* French  
   Pastry, 251.  
 Christmas cake, 328.  
 — — — icing for, 326.  
 Chutney, 357.  
 Cider apple sauce, 353.  
 Cinnamon toast, 302.  
 Cleansers, 10.  
 Clova scones, 309.  
 Coat, how to, 25.  
 Cobbler, fruit, 263.  
 Cock-a-Leekie, 101-2.  
 Cocktails, 368-9.  
 — canapes (ka'na-pā) for, 302.  
 — fish, 69-71.  
 — fruit, 66-9.  
 — sauce for, 70-1.  
 — service of, 23.  
 Cocoa syrup, 361.  
 — to make, 359.  
 Coconut fudge, 333.  
 — pudding, 271.  
 Cod, curried, 135.  
 — left-over, recipes for using, *see*  
   FISH LEFT-OVER.  
 — mousse (mōōs), 136.  
 — steaks, 117.  
 Codfish pie, 57.  
 Cod's roe and bacon, 117-8.  
 Coffee butterscotch sauce, 290.  
 — cake, 328.  
 — custard, 275.  
 — frothed, 360.  
 — iced, 364.  
 — to make, 359-60.  
 — to store, 22.  
 Cold buffet, 203-7.  
 College pudding, 272.  
 Colours for candies, 332.  
 Confectionery, 332-6.  
 — to choose and store, 21-2.  
 Consommé (kon-som-ā'), iced 82.  
 Corn, cream of, 97.  
 — fritters, 40.  
 — green, 215.  
 — salad, 215.  
 — scalloped, 223.  
 Corned beef hash, 65.  
 Cornflour mould, 278.  
 — pudding, 269.  
 Cornish pasties, 254.  
 Cottage loaf, 306.  
 — pie, 199-200.  
 Coupes (kōōp), 286.  
 Court bouillons (kōōr bōō'yōn), 115,  
   124.  
 Crab and vegetable salad, 234-5.  
 — cutlets of, 128.  
 — devilled, 129.  
 — mayonnaise (mā'on-āz) of, 205-6.  
 — salad, Japanese, 235.  
 — savoury, 294.  
 — scalloped, 128.  
 — toast, 132.  
 Crab apple jelly, 341.  
 Cranberries, baked, 277.  
 — candied, 344.  
 — compôte (korn'pōt) of, 277.  
 Cranberry cheese, 341.

Cranberry jelly, 341.  
 Cream buns, 252.  
 — dressing, 231.  
 — moulds, 278, 285-6.  
 — pie crust, 244.  
 — sauce, 43.  
 Creme de menthe (krām de ment)  
     cocktail, 67-8.  
 Creole risotto (krē'ōl riz-ot'o), 57-8.  
 Cress, to choose and store, 20.  
 Croquettes (krō-ket'), to fry, 164.  
 — to make, 134, 296.  
 Croûtes (krōöt), 26, 294, 297.  
 Croûtons (krōō-ton'), to make, 26.  
 Crown roast, 194-5.  
 — to carve, 372.  
 Crumb butter, 213.  
 Crumbs, to make, 25.  
 Crumpets, 309.  
 Cuban folds, 303.  
 Cucumber and potato salad, 235-6.  
 — and salmon sandwiches, 303.  
 — cream soup, 98.  
 — garnish of, 115.  
 — pickled, 354-5.  
 — to cook, 215.  
 Currants, to serve, 241.  
 Curry, cod's roe, 135.  
 — cooked meat, 201.  
 — farmhouse, 63.  
 — hake, 119.  
 — mutton, 184-5.  
 — prawn, 130.  
 — Scotch, 176-7.  
 Custard dice, 85.  
 — filling, confectioner's, 323.  
 — pie, 249.  
 — sauce, 54.  
 Custards, savoury, 63, 103-4, 223.  
 — sweet, 274-6.  
 Cut in, to, 24.  
 Cutlets, to cook, 164-5, 179-80.

# DAIRY PRODUCE, to choose and

    store, 14.  
 Damson jam, 338.  
 Dance refreshments, 13.  
 Dandelions, to cook, 215-6.  
 Date kisses, 316.  
 — pie, Mexican, 247.  
 — slices, 332.  
 Dates, stuffed, 241.  
 Demerara (dem-er-er'a) cake, 329.  
 Desserts, 240-1.  
 Devil, to, 26, 129, 188.  
 — paste, 26.  
 Devonshire splits, 309-10.  
 Dissolvents, 10.  
 Dogger Bank pie, 136.  
 Doughnuts, 316.

Dredge, to, 27.  
 Drinks, cold, 361-9.  
 — hot, 359-61.  
 Duck, casserole (kass'er-ōl) of, 158-9.  
 — roast, 154, 158.  
 — to carve, 371.  
 — to truss, 158.  
 — wild, braised, 149-50.  
 — — roast, 143, 149.  
 — — to truss, 141.  
 Duckling, roast, 154, 158.  
 Dumplings, 87.  
 — baked apple, 262.  
 Dundee cake, 329.  
 Dutch sauce, 48-9.

ECCLES CAKES, 247.  
 Eclairs (ā-klärz'), 252.  
 Eels, fried, 118.  
 — jellied, 118.  
 Egg balls, 104.  
 — daisies, 115.  
 — mayonnaise (mā-on-āz'), 73, 228.  
 — sauce, 45-6.  
 Egg-plant, *see* AUBERGINE.  
 Eggs and bacon, 37.  
 — au gratin (ō grā'tin), 58.  
 — fried, with anchovy butter, 59.  
 — Italian, 73-4.  
 — Lyonnaise (lē-on-āz'), 58.  
 — Scotch, 59, 73.  
 — stuffed, 60.  
 — to cook, 36-7.  
 — with artichokes, 59-60.  
 — with black butter, 59.  
 — with savoury stuffings, 74.  
 Eiderdown sauce, 54.  
 Finlauf (in'lowf), broth with, 87.  
 Elves' fudge, 333.  
 Endive (en'div), 20, 216.  
 Entrées (en'trā), 162, 199.  
 Escarole (es'kar-ol), 20.  
 Exeter stew, 17.

FAGGOTS, 195.  
 Family broth, 89.  
 Farina (fa-rē'na) pudding, 268.  
 Farmer's pie crust, 244.  
 Farmhouse bread, 306.  
 — stuffing, 106.  
 Fat, to clarify, 25.  
 Fats, 9-10.  
 Favourite galantine, 207.  
 Feather layer cake, 320.  
 — sponge cake, 329.  
 Fennel, 34.  
 Fig compôte (kom'pôt), 277.  
 Figs, to serve, 241.  
 Fingerhuetchen soup (fing'er-hüt-chen), 86.

Fish, 108-38.

— and chips, *facing p.* 112-3.

— cakes, 38, 110, 137.

— chowder (chow'der), 103.

— fillets of, 110.

— left-over recipes for using, *see*

American fish pie, 138.

curried fish pudding, 138.

Dogger Bank pie, 136.

fish cakes, 137.

— scallops, 133.

hussar fish cakes, 38.

kedgeree, 138.

Russian fish pie, 137.

— methods of cooking, 110-4, *facing p.* 128-9.

— moulds, Japanese, 136-7.

— mousse (môôs), 291.

— pies, 57, 136-8.

— pudding, curried, 138.

— relishes for, 352.

— sauces, 111-4.

— scallops, 138.

— shells, 62-3.

— smoked, glassed and tinned, 131-5.

— soufflé (sôô'flâ), 110.

— soup, 102-3.

— stock, 81-2.

— stuffings for, 107, 111.

— to carve, 370.

— to choose and store, 14-5, *facing p.* 32.

— to prepare, 108-10.

Flaky pastry, 243.

Flan, fruit, 250.

Flannel cakes, 310.

Flavour and season, to, 34-5.

Flavourings, 35, 332.

Flounders, to cook, 118.

Flour, to store, 22.

Flummery, 280.

Fold, to, 27.

Food, guide to, 9-10.

— to choose and store, 14-24.

Fool, fruit, 281.

Forcemeat balls, 104, 107.

Foreshank stuffing, 191.

Forfar fruit loaf, 310.

Fowl, boiled, 155-6.

Fowls, to carve, 371.

Frappes (frâ'pâ), 266.

French dressing, 205, 229-30.

— mustard, 27, 358.

— pastry, 251-2.

— salad cream, 229.

Fritters, 40, 60, 256-7, 296.

Frost, how to, 345.

Frozen sweets, 286-92.

Fruit bread, 310, 312.

— candied, 22, 344-5.

Fruit compôtes (kom'pôt), 276-8.

— cups, 366-7.

— dried, 13, 22, 277.

— drinks, 362-7.

— fool, 281.

— glazed, 345.

— salads, 238-40.

— sponge, 282.

— stewed, 276-8.

— tart, 247, *facing p.* 242-3.

— tinned, 14, 257.

— to bottle, 346-9.

— to choose and store, 15.

— to preserve, 337.

— to steam, 270-1.

— whip, 323-4.

Fruitade, 362.

Fudge, 333-4.

— icing, 325.

— sauce, 266.

Frying fat, to prepare, 113.

GALANTINES, 204-5, 207.

Game, 130-52.

— aspic of, 206.

— left-over, recipe for using,

aspic of game, 206.

— methods of cooking, 142-4.

— soup, 103.

— stock, 81-2.

— to carve, 370-1.

— to choose and store, 15.

— to prepare, 139-42.

Garlic, 34-5.

Garnishes for fish, 114-5.

— for fish cocktails, 69.

— for fruit cocktails, 67.

— for salads, 228-9.

— for soups, 103-4.

German sauce, 52.

Giblet (jib'let), soup, 89.

— stuffing, 107.

Giblets, to prepare, 154.

Ginger ale fruit cocktail, 363.

-- julep (jûô'lep), 363.

-- beer, old English cloudy, 367.

— biscuits, 316.

— cordial, 363.

— marmalade, 341.

— pudding, 271.

— punch, 363-4.

— sauce, 264.

— spice cakes, 316-7.

Gingerbread, Glasgow, 329.

Gipsy stew, 64-5.

Girdle cakes, 39.

-- scones, 308.

Glaze, how to, 345.

— to make, 26-7.

Golden dumplings, broth with, 87.

- Goose, to carve, 371.  
 — to choose, 18, 153.  
 — to prepare, 159.  
 — to roast, 154, 159.  
 Gooseberries, spiced, 355.  
 Gooseberry jam, 338, 343.  
 — flan, 250.  
 — tart, 247.  
 Gosling, roast, 154, 159.  
 Grapefruit, 68.  
 Grapes, to serve, 241.  
 Gravy and vegetable broth, 87.  
 — browning for, 25.  
 — for game, 144.  
 — for hare, 150.  
 — for meat, 41-2, 167.  
 — spice 35.  
 — stock for, 42.  
 Greengage jam, 338.  
 Greens, catering quantities of, 13.  
 — to cook, 216.  
 Groceries, to choose and store, 21-2.  
 Ground rice pudding, 268.  
 Grouse, to carve, 371.  
 — to cook, 143, 145-6.  
 — to truss, 140.  
 Guard's pudding, 272.  
 Gudgeon (guj'un), 119.  
 Guinea fowl, to carve, 371.  
 — to roast, 154-5, 160.  
 Gurnet, 119.
- HAADDOCK**, dried, baked, 132.  
 — cream of, 131-2.  
 — croûtes (krôot) of, 132.  
 — in potatoes, 64.  
 — puffs of, 297.  
 — fresh, 119.  
 Haggis, 187.  
 Hake, to cook, 119.  
 Halibut, to cook, 119-20, 205.  
 — left-over, recipe for using, *see*  
     Japanese fish moulds, 137.  
     *Also FISH, LEFT-OVER.*
- Ham**, 197-9.  
 — a la king, 56.  
 — and apple scallop, 198.  
 — and egg walnuts, 73.  
 — and potato scallop, 198.  
 — baked, 197-8.  
 — bayonne (bâ-yon'), 73.  
 — boiled, 163, 198.  
 — cakes, Wiltshire, 38-9.  
 — canapes (ka'na-pâ), 297-8.  
 — casserole (kass'er-öl) of, 198.  
**Ham croquettes** (kro-ket'), to fry, 164.  
 — devilled, 202.  
 — fried, with pineapple, 199.  
 — girdle cakes, 39.  
 — grilled, 165.  
 Ham jellies, 206.  
 — left-over, recipes for using, *see*  
     ham canapes (ka'na-pâ), 297.  
     — devilled, 202.  
     — girdle cakes, 39.  
     — jellies, 206.  
     — scramble, 39.  
     Italian scramble, 56.  
     Scotch ham loaf, 202.  
 — loaf, Scotch, 202.  
 — sandwiches, 197, 304.  
 — scramble, 39.  
 — to carve, 372.  
 — to choose, 16.  
**Hamburg potato salad**, 237.  
 — steak, 174-5.  
**Hard sauce**, 55.  
**Hare**, jugged, 151.  
 — roast, 143, 150.  
 — to carve, 371.  
 — to truss, 141-2.  
**Haricot** (har'è-kô) mutton, 185.  
**Harlequin** (har'li-kwin) salad, 239-40.  
**Hash**, 202.  
**Hawaiian** (hâ-wi'an) punch, 364.  
**Hazel hen**, roast, 143, 146.  
 — to truss, 140.  
**Herb stuffing**, simple, 105.  
**Herbs**, 34-5.  
**Herring**, Bismarck, 72-3.  
 — fillets of, 72.  
 — methods of cooking, 120-1.  
 — pickled, 121.  
**High pressure cookers**, 169.  
**Highland broth**, 93.  
 — nilling, 323.  
**Hollandaise** (hol-an-dâz') sauce, *see*  
     simple Dutch sauce, 48.  
**Honeycomb mould**, 280.  
**Honey cream**, whipped, 53.  
**Hors d'œuvres** (or doevr'), 71-4.  
**Horsradish sauce**, 49-50.  
 — vinegar, 357.  
**Hot cross buns**, 311.  
**Hot pot**, Lancashire, 184.  
**Hotch potch**, 90.  
**Hunter's steak**, 152.  
**Hussar fish cakes**, 38.
- ICE CREAM**, 286-92.  
 — sauces for, 53-4, 290.  
**Iceings**, 324-7.  
**Irish stew**, 185.  
**Italian pastes**, 86.  
 — salad, 236.  
 — scramble, 56.
- JAM OMELLETE**, 258.  
 — sauce, 52-3.  
 — to make, 337-8.

Jam, to store, 22.  
 Jams, 339-44.  
 Jardinière (zhar-din-i-är) soup, *see*  
   Beef Bouillon, 83.  
 Jellies, 339-43.  
   — meat, 206.  
   — sweet, 278-80.  
   — to clear, 270.  
   — to decorate, 270.  
   — to make, 337-8.  
   — to store, 22.  
 Jiggaring meat, 200.  
 John Dory, 121-2.  
 Julienne (jöö-li'en) soup, *see* Clear  
   Vegetable Soup, 85.  
 Junket, 281.

KEDGEREE (ked'jer-ē), 110, 138.  
 Kentish stuffed tomatoes, 74.  
 Kidney, fried, 182.  
   — ragout (ra'goot) of, 177.  
   — soup, 90-1.  
 Kidneys, sheeps, devilled, 188.  
   — — fried, 188.  
   — — grilled, 40, 165, 188.  
 Kippers, grilled, 131.  
 Kirsch (kérsh) omelette, 258.  
 Kitchen, up-to-date, 30-5, *facing p.* 35.  
 Knead, to, 27.  
 Krapfen (kráp'fen), 310.

LAMB, 188-92.  
   — breast of, 189-91.  
   — casserole of, 191-2.  
   — cuts of, 16-18.  
   — left-over, recipes for using, *see*  
     lamb terrapin, 64.  
     meat toast, 201.  
   *Also MEAT, LEFT-OVER.*  
   — leg of, 163, 188, 190.  
   — loin of, roast, 191.  
   — relishes for, 352.  
   — saddle, of roast, 190.  
   — shoulder of, roast, 190.  
   — stuffing for, 191.  
   — terrapin, 64.  
   — to carve, 372.  
   (*See also* CHOPS and MEAT.)

Lancashire hot pot, 184.  
 Lard, to, 27.  
 Larder, the, 22-3.  
 Lawn tennis layer cake, 320-1.  
 Leap year cocktail, 369.  
 Leeks, 20, 216.  
 Lemon baskets, 115.  
   — butter, 300, 341.  
   — butterflies, 114.  
   — filling, 323-4.  
   — meringue (mer-ang') pie, 248.  
   — pie, Canadian, 248-9.

Lemon soda, 361.  
   — syrup, 361.  
 Lemonades, 366-7.  
 Lentil purée (pür ä), 99.  
 Lettuce cream soup, American, 99.  
   — to cream, 217.  
 Liver, call's, 165, 182-3.  
   — dumplings, 87.  
   — sausage, 72.  
   — stuffing, 106.  
 Lobster au gratin (ö grá'tin), 129.  
   — butter, 300.  
   — mould, 129.  
 Loganberries, to bottle, 347.  
 Loganberry drinks, 364-5.  
   — jam, 336.  
 Lohengrin (lö-en-grin) pick-me-up,  
   368-9.  
 London butter sauce, 187.  
 Louisiana (löö-üz-i-á'na) cocktail, 67.  
   — codfish pie, 57.  
   — icing, 326.  
 Lugano canapes (löög-a'nö ka'na-pä),  
   294.  
 Lunch cake, Scotch, 330-1.  
 Luncheon and supper snacks, 56-65,  
   *facing p.* 64-5.

MACARONI, à l'Italienne (mak-ar-  
   ö'ni á lé-tál'i-en), 298.  
   — Chinatown, 62.  
   — pudding, 269.  
   — with shrimps, 133.  
 Macaroon bisque (bësk), 291-2.  
 Macaroons, chocolate, 315.  
 Macedoine (maas-ä-dwän') of halibut,  
   205.  
   — of vegetables, 72-3, 205.  
 Mackerel, filets of, 72-3, 122-3.  
   — to cook, 122.  
 Madeira cake, 330.  
   — sauce, 50-1.  
 Maiden's prayer cocktail, 368.  
 Maids of honour, Richmond, 249-50.  
 Maître d'hôtel (mâtr dö-tel'), butter,  
   300.  
 Makeshifts in kitchen, 31.  
 Mandarins, glazed, 345.  
   — to serve, 241-2.  
 Manhattan cocktail, 369.  
 Marinade (mar-in-äd') for game, 144.  
 Marinade, to, 27.  
 Marjoram (mar'jö-ram), 34, 217.  
 Marmalade sauce, 53.  
   — to make, 337.  
 Marmalades, 339-43.  
 Marrow, vegetable, *see* VEGETABLE  
   MARROW.  
 Marshmallow and pineapple surprise,  
   283.

Marshmallow and strawberry cream, 285-6.  
 — fudge, 333-4.  
 Marshmallows, to make, 335-6.  
 Martini (mar-tē'nē), cocktail, 369.  
 Marzipan delights, 336.  
 Mayonnaise (mā-on-āz'), 228, 230-2.  
 — emergency, 230.  
 — for hors d'œuvres, 73.  
 Meals, balanced, to plan, 9-10.  
 Measure, how to, 34.  
 Meat, 162-207.  
 — cold, cookery of, 203.  
 — — titivators for, 204.  
 — cuts of, 16-8, *facing p. 32*.  
 — jelly, 206.  
 — left-over, recipes for using, *see*  
     cottage pie, 119.  
     curried rissoles, 200.  
     farmhouse curry, 63.  
     hash, 202.  
     jingaring meat, 200.  
     meat patties, 200.  
     shape, 201.  
     Spanish meat loaf, 61.  
 — loaf, 58, 61, 202, 206-7.  
 — methods of cooking, 162-9.  
 — mould, 169.  
 — patties, 200-1.  
 — pies, 17, 199, 202, 253-5.  
 — puddings, 17, 254.  
 — shape, 201.  
 — toasts, 201.  
 — to carve, 371-2.  
 — to choose, 15-8.  
 — to store, 18.  
 Medallions of lamb, 192.  
 Melon cocktail, 67.  
 Melons, 68-9, 241.  
 Melted butter, 48.  
 Menus, balanced for one day, 10.  
 — slimming, 12.  
 Meringue (mer-ang'), for covering, 267.  
 — pie, lemon, *facing p.* 248.  
 — tart, strawberry, 250.  
 Meringues (mer-ang'), 261-2, 267-8.  
 — fillings for, 268.  
 Merna icing, 326.  
 Meuniere (moe-nē-air') trout, 127.  
 Miami (mē-ā-mi) sandwiches, 304.  
 Midsummer punch, 365.  
 Milk jelly, 280.  
 — puddings, standard, 268-70.  
 — tinned, 13.  
 Mimosa (mim-ō'za) salad, 236.  
 Mincemeat, my favourite, 346.  
 Mineral waters, to store, 22.  
 Minestrone (mēn-es-trō'nā) soup, 91.  
 Mint, 34, 217.  
 — julep (jōō'lep), 365.

Mint sauce, 49.  
 — stuffing, 191.  
 — tea, 365.  
 — vinegar, 357-8.  
 Mixed grill, 165-6.  
 Mocha (mok'a) filling, 323.  
 — sauce, 54-5.  
 Mock turtle soup, 92.  
 Mousse (mōōs), fish, 136.  
 — fruit, 291.  
 — ice, 286, 288.  
 Mullet, grey and red, 123.  
 Mulligatawny (mul-ig-at-aw'ni) soup, 91.  
 Mushroom soups, 85, 99-100.  
 — stuffing, 107.  
 Mushrooms, creamed, on toast, 298.  
 — to cook, 217.  
 Mustard butter, 116.  
 — mixture for pickles, 352.  
 — sauce, 51.  
 — to mix, 27-8.  
 Mutton, 183-8.  
 — and macaroni pie, 202.  
 — braised, 186-7.  
 — breast of, 184.  
 — broth, 86, 93.  
 — casserole (kass'er-ōl) of, 185.  
 — curry, 201.  
 — cuts of, 16-18, 186.  
 — left-over, recipe for using, *see*  
     mutton and macaroni pie, 202.  
     *Also MEAT, LEFT-OVER.*  
 — leg of, 163, 183-4, 186.  
 — neck of, 184.  
 — shoulder of, 184, 186.  
 — stuffing for, 186.  
 — to carve, 372.  
 — to roast, 168, 186.  
 (*See also CHOPS and MEAT.*)

NAARTJES (nart'iz), to serve, 241.  
 Napoleon biscuits, 317.  
 Nasturtium (nas-tur'shum) seeds,  
     pickled, 229, 355-6.  
 Nectarines (nek-tar-enz), to bottle, 347,  
     349.  
 — to serve, 241. [202.  
 Nesselrode (ness-el-rō'de) pudding,  
     Nettles, to cook, 220.  
 Ninette salad, 236.  
 Nun's butter, 55.  
 Nursery plum cake, 330.  
 Nut bread, 308.  
 Nuts, to glaze, 345.  
 — to serve, 241.  
 — to store, 22.

OATCAKES, SCOTCH, 311-4.  
 Oatmeal stuffing, 105.

- Olive butter, 76, 300.  
 Olives, 72-3, 75-7.  
 — stuffed, 115.  
 Olivette sandwiches, 302-3.  
 Omelette, savoury, 37-8.  
 — soufflé, Palm Beach, 57.  
 — sweet, 257-8.  
 Omelettes and soufflés, 256-60.  
 Onion butter, 300.  
 — cream soup, 100-1.  
 — custard, 223.  
 — juice, to make, 28.  
 — rings, 29.  
 — sauce, 46.  
 Onions, baked in milk, 223.  
 — pickled, 77, 356.  
 — spring, 77.  
 — stuffed, 57.  
 — to boil, 217.  
 Orange and mint salad, 236.  
 — blossom cocktails, 369.  
 — custard, 276.  
 — dressing, 230-1.  
 — filling, 323-4.  
 — fritters, 257.  
 — icing, 326.  
 — jelly, 342.  
 — layer cake, 321.  
 — marmalade, 342.  
 Orangeade (or-iny-äd'), 365-6.  
 Oranges, glazed, 345.  
 — to serve, 241.  
 Oriental cream, 283-4.  
 Orleans French dressing, 229.  
 Oxford pudding, 58.  
 — scrapple, 272.  
 Ox heart, baked stuffed, 174.  
 — kidney, ragoût (ra göö) of 177.  
 Oxtail soup, 93-4.  
 — stewed, 178.  
 Ox tongue, boiled, 163.  
 — — braised, 176.  
 Oysters, 70-1, 129-30.  
 — creamed, 120-30.  
 — panned, 130.
- PALACE BISCUITS, 317.**  
 Pancakes, 258-9, facing p. 250-1.  
 Parfaits (par fä'), 286, 288.  
 Parsley sauces, 46, 48.  
 — to blanch, 28.  
 — to use, 34, 217.  
 Parsnips, 21, 218.  
 Partridge, to carve, 371.  
 — to cook, 143, 146-7.  
 — to truss, 140.  
 Pastry, 242-55.  
 — sandwiches, 249.  
 Patties, veal, 255.  
 Peach fritters, 257.  
 Peach Melba, 292.  
 Peaches, to bottle, 347, 349.  
 — to serve, 241.  
 Peanuts, salted, 76.  
 Pears, scalloped, 264-5.  
 — to bottle, 347, 349.  
 — to serve, 241.  
 — with ginger sauce, 264.  
 Pea soups, 98-9.  
 Peas, green, au jambon, 224.  
 — left-over, recipe for using, *see*  
 Kentish stuffed tomatoes, 74.  
 — to bottle, 350.  
 — to cook, 218, 223-4.  
 Pecans (pè-kanz'), salted, 76.  
 Peppermint wafers, 336.  
 Peppers, 218.  
 Pheasant, to carve, 371.  
 — to cook, 143, 147.  
 — to truss, 140.  
 Piccalilli, 356.  
 Pickles, 351-8.  
 — mixed, 355.  
 — to store, 22.  
 Picnic refreshments, 302.  
 Pies, savoury, 242-5  
 (See also MEAT PIES.)  
 Pies, sweet, 245-52.  
 Pigeons, to choose, 19.  
 — to cook, 160.  
 — to prepare, 160.  
 Pimento and cheese sandwiches, 303.  
 — and potato salad, 217.  
 — butter, 300.  
 Pimentos, to serve, 72-3.  
 Pineapple charlotte russe, 284.  
 — cup, 366.  
 — filling, 324.  
 — fudge, 334.  
 — layer cake, 321.  
 — pudding, 265-6.  
 — soufflé (soo fl'), 260.  
 — surprise, 263.  
 Piping, bag for, 29.  
 Piquant (pè-kant') mustard, 27, 358.  
 Placcé, 124.  
 Plover, roast, 143, 147-8.  
 — to truss, 141.  
 Plum cakes, 327-8, 330-1.  
 — jam, 338, 342-3.  
 — pudding, Empire, 272-3.  
 — sauce for, 273.  
 Plums, scalloped, 265.  
 — to bottle, 347, 349.  
 — to serve, 241.  
 Pork, 192-7.  
 — and veal loaf, 206-7.  
 — brawn, 207.  
 — cuts of, 16-18.  
 — methods of cooking, 168, 193-4.

Pork pie, Canadian, 253.  
 — relishes for, 352.  
 — salt, to boil, 163.  
 — shoulder of, 194.  
 — to carve, 372.  
 (See also **CHOPS** and **MEAT**.)  
 Port wine, to decant, 24.  
 — sauce, 50.  
 Potato border, 28.  
 — cones, 224.  
 — cream soup, 100.  
 — ham and, 198.  
 — nest, with petits pois (pet-i-pwa), 225.  
 — salads, 72-3, 232-4, 235, 237.  
 Potatoes au gratin (ô grâ'tin), 224-5.  
 — baked, *facing p.* 227.  
 — left-over, recipes for using, see  
     American fish pie, 138.  
     corned beef hash, 65.  
     curried fish pudding, 138.  
     Dogger Bank pie, 136.  
     fish cakes, 137.  
     Hussar fish cakes, 38.  
     Kentish stuffed tomatoes, 74.  
     Louisiana cod fish pie, 57.  
     pommes au gratin, 225.  
     potato cones, 224.  
 — roast, 219.  
 — stuffed, 64, 224.  
 — sweet, creamed, 225.  
 — to cook, 218-9.  
 Potted shrimps, 130.  
 Poultry, 153-61.  
 — to carve, 370-1.  
 — to choose, 18-9.  
 — what to serve with, 154-5, 352.  
 Prairie pastry, 244.  
 Praline (prâ'lén), to make, 28.  
 Prawn curry, 130.  
 — mayonnaise (mâ-on-âz'), 73-4, 228.  
 Prawns, à la Newburg, 132-3.  
 — to serve, 71.  
 Preserving, 337-58.  
 Prince Alfred purée (pûr-â'), 100.  
 Proteins (prô'tênz), 9-10.  
 Prunes, stuffed, 241.  
 Ptarmigan (tar'mig-an), roast, 143, 147.  
 — to truss, 140.  
 Puddings, 256-92.  
 — baked, 260-8.  
 — cold, 278-86.  
 — hot, 256-75.  
 — steamed, 270-4.  
 Puff pastry, 244-5.  
 Pulled bread, 104.  
 Punch, fruit, 362-6.  
 Purées (pûr-â'), 83, 95, 99-100.

QUAIL, Roast, 143, 148.  
 — to truss, 141.

Queen gems, 318.  
 Quick crust, 252.  
 Quince marmalade, 343.  
 Quinces, to bottle, 348, 349.

# RABBIT CURRY, 201.

— pie, 254.  
 — soup, 92-3.  
 — to cook, 143, 151.  
 — to truss, 141-2.  
 Radishes, 219.  
 — to serve, 73, 298.  
 Radish roses, 77, 115.  
 Ragoût (rà'gôô), 177.  
 Railway pudding, 266.  
 Raisin chocolate scrunch, 336.  
 Raspberries, to bottle, 347.  
 Raspberry charlotte russe (rûss), 285.  
 — ice cream, 290-1.  
 — jam, 338, 343.  
 — lemonade, 366.  
 — vinegar, 358.  
 Raspings, 29.  
 Red currant and gooseberry jam, 343.  
 — jelly, 343.  
 — to bottle, 347.  
 Relishes, 74-7.  
 — to serve with meals, 76-7.  
 — — meats, 352.  
 Rhubarb betty, 261.  
 — custard pie, 249.  
 — jam, 338, 343-4.  
 — tart, 247, *facing p.* 242-3.  
 Ribbon cake, American, 319-20.  
 Rice and shrimp salad, 237-8.  
 — border, to make, 28.  
 — girdle scones, 311.  
 — left-over, recipes for using, see  
     omelette soufflé, Palm Beach,  
     57.  
     Spanish meat loaf, 61.  
     veal and rice custards, 63.  
 — pudding, 268.  
 — — frozen, 292.  
 — — poor man's, 269-70.  
 — snow, 285.  
 — soup, 88.  
 Ris à la poulette (rê zâ là pôô-let'), 183.  
 Risotto (riz-ot'ô), 57-8, 156.  
 Rissoles, 164, 200.  
 Rock cakes, 318.  
 Roes, soft, on toast, 298.  
 Rolls, bread, 308.  
 — sausage, 255.  
 Roly-poly, raspberry, 266-7.  
 Roquefort (rok'for) salad, 235.  
 Rose petals, frosted, 345.  
 Rothe Greutze (rô'te groi'tse), 285.  
 Roux (rôô), to make, 29, 43.  
 Royal icing, 326.



- Rum omelette, 258.  
 — sauce, 273.  
 Russian dressing, 230.  
 — fish pie, 137.  
 — salad, 73, 203.  
 — toffee, 335.
- SAGE**, 34.  
 — and onion stuffing, 105.  
 Sago pudding, 269.  
 Salad dressings, savoury, 205, 229-32.  
 — — sweet, 238-9.  
 — oil, to store, 22.  
 Salads, 227-40.  
 — savoury, 227-8, 232-8.  
 — sold by lb., 72-3.  
 — sweet, 238-40.  
 Salame de Milano (sal-à'mā dī mē-la nōl), 73.  
 Salmon and cucumber sandwiches, 303.  
 — bisque (bēsk), 102-3.  
 — butter, 300.  
 — creamed, 125, 134.  
 — croquettes (krō-ket') 134.  
 — loaf, 133-4.  
 — mayonnaise (mā-on-īz), 238.  
 — smoked, 71-3.  
 — titbits of, 76.  
 — to cook, 124.  
 Salpicon (sal pi-son), 29.  
 Salsify, to boil, 219.  
 — to choose and store, 21.  
 Sandwiches, 197, 249, 299-304.  
 — to make, 300-1.  
 — to serve 302, *facing p.* 66-7.  
 Sardine balls, 134-5.  
 — butter, 300.  
 Sardines, 72-3, 134.  
 — au gratin (ō grā'tin), 294-5.  
 — grilled, 134.  
 Sauces, 41-55.  
 — foundation, 43-5.  
 — savoury, 45-52.  
 — sweet, 52-5, 209, 264, 282.  
 — thickenings for, 43.  
 Sausage cakes, 39, 196-7.  
 — pudding, Cambridge, 254.  
 — rolls, 255.  
 — scramble, 38.  
 — stuffing, 106.  
 Sausages, to fry, 37.  
 — to grill, 165.  
 Sauté (sō'tā), how to, 114, 202.  
 Saving money in the kitchen, *facing p.* 18-9.  
 Savouries, 293-8.  
 Savoy, 219.  
 Scallops, fried, 130-1.  
 Scones, 308, 311.
- Scorzonera (skor-son-ēr'a), 21.  
 Scotch broth, *see* Scotch Mutton Broth, 93.  
 — collops, 175-6.  
 — eggs, 59.  
 Seakale (sē'kāl), to cook, 219, 225-6.  
 Seashore rolls, 304.  
 Seasonings, 34-5.  
 Second stock, 81-2.  
 Seed cake, 331.  
 Semolina (sem-ō-lē'na) pudding, 268.  
 Shallots (shal-otz'), 21, 34, 219.  
 — pickled, 356.  
 Shell fish, 128-31.  
 Shepherd's pie, *see* Cottage Pie, 199.  
 Sherbet (sher'bet), 286.  
 Shin of beef soup, *see* Brown Soup, 90.  
 Shopping, guide to, 11-22.  
 Shortbread, Scotch, 318.  
 Shortcakes, American, 265.  
 Short crust, 243-4.  
 Shrimp and green pea wiggle, 133.  
 — salad, 237.  
 — sauce, 50.  
 — toasts, 56.  
 Shrimps, 110.  
 — and macaroni, 133.  
 — putted, 110.  
 Spanish, 6.  
 Sieve, to rub through, 20.  
 Simnel cake, 311, *facing p.* 338-9.  
 Skate, fried, 125.  
 Slimming diet, 12.  
 Smelts, 125.  
 Snipe, roast, 143, 148.  
 — to truss, 141.  
 Snowballs, 273.  
 Sole, filets of 125-6.  
 — paupiettes (pō-pē-et') of, 126.  
 Sorbet (sor'bā), 286.  
 Soufflés (sōō'flā), iced, 286.  
 — savoury, 296.  
 — sweet, 259-60, 283.  
 Soup meat, to use up, 169.  
 Soups, 78-104.  
 — clear, 82-6, *facing p.* 82.  
 — cream, 83, 94-103, *facing p.* 83.  
 — to thicken, 83.  
 Sour cream dressing, 231.  
 Spaghetti (spāg-et'tū), devilled, 62.  
 Spanish meat loaf, 61.  
 — rarebit, 62.  
 — sandwiches, 304.  
 — sauce, 52, 127.  
 — stuffing, 111.  
 — sweets, 332-3.  
 — vegetable marrow, 61.  
 Spiced vinegar, 352.  
 Spice mixture for pickles, 351.

Spices, to choose and store, 22, 35.  
 Spinach (spin'ij), cream soup, 101.  
 — to bottle, 350.  
 — to cook, 219.  
 Sponge cake, 329.  
 — pudding, 273.  
 — roll, 320, *facing p.* 322-3.  
 Sponges, fruit, 282, 284.  
 Sprats, 126.  
 Squabs, grilled, 160.  
 Standard bread, 307.  
 Starchy foods, 9.  
 Steak, 165, 170-5.  
 — and kidney pie, 255.  
 — — pudding, 252, *facing p.* 178-9.  
 Steps and stairs, 318-9.  
 Stews, 173, 185.  
 Stock, 78-82.  
 — meats for, 18, 78.  
 Store-room, the, 22-3.  
 Storing of food, 14-24.  
 Strawberries, to bottle, 347.  
 Strawberry and marshmallow cream, 285-6.  
 — flan, *see* Gooseberry Flan, 250.  
 — ice cream, 291.  
 — jam, 338, 344.  
 — lemonade, 366.  
 — meringue (mer-ang'), 267-8.  
 — — tart, 250.  
 — punch, 366.  
 — sauce, 54.  
 — whip cake, 322.  
 — — filling, 324.  
 Stuffings, 105-7, 111, 159, 161, 179, 186-7, 191, 193-5, 204.  
 Suet crust, 253.  
 Sugar, to choose and store, 22.  
 Summer fruit salad, 240.  
 — pudding, 280.  
 Sundaes (sun'dāz), simple, 289-90.  
 Sunshine method for jam, 344.  
 Supper dishes, 56-65.  
 — table, modern, *facing p.* 3.  
 Suprême (sü-prāni') sauce, 51.  
 Sweetbreads, 183.  
 Sweets, 9-10.  
 (See also CONFECTIONERY.)  
 Swiss butter, 187.  
 — chocolate fudge, 334.  
 — cocoa, 359.  
 — roll, 320, *facing p.* 322-3.  
 — steak, 175.  
 — tartlets, 251.  
 Syrups, for bottled fruits, 348.

TABLES OF WEIGHTS AND MEASURES, 33-4.  
 Tapioca (tap-i-ō'ka) pudding, 269.  
 Tarragon, 34, 220.

Tarragon vinegar, 358.  
 Tartare (tar-tar'), sauce, 51.  
 Tea, to make, 360-1.  
 — to store, 22.  
 Tea cakes, 312.  
 Teal, roast, 143, 149.  
 — to truss, 141.  
 Things to simplify work, 32.  
 — you cannot do without, 31-2.  
 — you want to know, 25-9.  
 Thousand Island dressing, 232.  
 Time-savers, in kitchen, 30-1.  
 Tipsy cake, 280.  
 Toad-in-the-hole, 196, *facing p.* 194-5.  
 Toffee, 334-5.  
 Tomato catsup, 356-7.  
 — chutney, Empire, 357.  
 — cream soup, 101.  
 — jelly salad, 205.  
 — pickle, green, 356.  
 — salad, 73.  
 — sauce, 46.  
 Tomatoes, baked, 220.  
 — scalloped, with onions, 226.  
 — stewed, 226.  
 — stuffed, 74, 238.  
 — tinned, 14.  
 — to bottle, 349.  
 Tongue and ham sandwiches, 304.  
 — calf's, stewed, 183.  
 — ox, 163, 176.  
 — salad, 238.  
 — sheep's, 188.  
 — to carve, 371.  
 Tonic foods, 10.  
 Treacle tart, 249.  
 Trifle, 284.  
 Tripe, 164-5, 177.  
 Trout, to cook, 127.  
 Tuna fish canapes (ka'na-pā), 295.  
 Tunny fish, 72-3, 135.  
 — — butter, 300.  
 Turbot, to cook, 127.  
 Turkey, to roast, 154-5, 161.  
 — to carve, 370-1.  
 — to truss, 153.  
 Turnips, 21, 220.  
 Turnovers, to make, 251.  
 Tutti-frutti cup, 366-7.

UNCLE TOM'S PUDDING, 274.  
 Utensils, kitchen, 31-2, *facing p.* 35.

VANILLA ICE CREAM, 291.  
 — layer cake, 322.  
 — Sandwich, 319.  
 — sauce, 55.  
 — to use, 28, 35.  
 Veal, 178-83.

- Veal and rice custard, 63.  
 — blanquette (*blan-ket'*) of, 178-9.  
 — broth, 86.  
 — cakes, 181.  
 — curry, 201.  
 — cuts of, 16-8.  
 — galantine of, 207.  
 — knuckle of, 181.  
 — left-over, recipes for using, *see*  
     meat toasts, 201.  
     veal and rice custards, 63.  
     veal curry, 201.  
     *Also MEAT, LEFT-OVER.*  
 — methods of cooking, 163, 168, 178-  
     9, 181.  
 — patties, 255.  
 — relishes for, 352.  
 — scallops of, 180.  
 — to carve, 372.  
 Vegetable dishes, 220-6.  
 — marrow, to bottle, 350.  
 — — jam 342.  
 — — stuffed, 226.  
 — — to choose and store, 20.  
 — — to cook, 220, 226.  
 — soup, brown, 92.  
 — — clear, 85.  
 — stock, 81-2.  
 Vegetables, 208-26.  
 — tinned, 14.  
 — to bottle, 349-50.  
 — to choose and store, 19-21.  
 Velvet sauce, 52.  
 Venison (*ven'i-son*), cuts of, 16-8.  
 — to cook and prepare, 143, 151-2.  
 — to carve, 371.  
 Vermicelli pudding, 269.  
 Vermouth (*ver'mōt*), to serve, 23.  
 Victoria sandwich, 289.  
 Viennese pudding, 274.  
 Vinaigrette (*vin-ā-gret'*) sauce, 52.  
 Vinegars, 22, 352, 357-8.  
 Vitamins (*vi'ta-minz*), 10.  
 WAFFLES, 312.  
 Walnut blancmange, 286.  
 — butter icing, 326-7.  
 — catsup, 357.  
 — wafers, 319.  
 Watercress butter, 300.  
 — to choose and store, 20, 77.  
 — to cook, 220.  
 Waterless cookery, 169.  
 Watermelon, 69.  
 Welsh rarebit, 295-6.  
 Whey lemonade, 367.  
 Whip, to, 29.  
 Whipped cream filling, 324.  
 Whitby croûtes (*krōt*), 297.  
 White butter sauce, 47.  
 — celery sauce, 45.  
 — mountain cream, 327.  
 — sauce, 44-5.  
 — — left-over, recipe for using, *see*  
     Russian fish pie, 137.  
 — stock, 82.  
 Whitebait, mock, 126.  
 — to cook, 127-8.  
 Whiting, baked, 128.  
 Whitstable sandwiches, 304.  
 Widgeon (*wij'un*), roast, 143, 149.  
 — to truss, 141.  
 Wiener Schnitzel (*vē'ner shnit'zel*), 180.  
 Wine cup, 368.  
 — dressing, 239.  
 Wines, choice and service of, 23-4.  
 Winter fruit salad, 240.  
 Woodcock, roast, 143, 150.  
 — to truss, 141.  
 YORKSHIRE PUDDING, 172-3.  
 — salad dressing, 231.

